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MAY/JUNE 2015

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BOLDER
BEAN
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MAY/JUNE

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Must Have Salad

PACK A SALAD

When you make salad at dinnertime, start with two containers—the bowl for dinner and a to-go container for tomorrow's lunch. Pack dressing in an upcycled glass spice jar.



The other day I walked into the Test Kitchen and Carolyn Casner, one of our longtime recipe developers, had lined up a row of small jars on the counter. Each had a smidge of

homemade salad dressing in it. This was her gentle way of heckling me into clearing out all the dressings I had left in the fridge. She's right. I should be better about managing my leftovers. (Sorry, Carolyn!) But my point is this: I'm a fiend about salads.

I bring my lunch to work most days. I could eat whatever's being tested, but who knows, maybe the team is only testing the blondies that appear on page 91! They're awfully tasty, but for lunch, I have specific requirements. I want it to be filling. It's got to have loads of vegetables—I know that if I try to squeeze my vegetable servings into dinner I'm going to fall short. And I want it to have plenty of texture and flavor. In other words, a killer salad.

For a while I served my salads on a plate. Most days they were so large that lettuce would fly off as I walked out of the kitchen. Carolyn did some friendly lecturing about that, too, so I took to tossing them in a big bowl. Very utilitarian. Plus the bowl helps with one of my rules for great salads: the dressing must be well distributed. So tossing is key. There are exceptions—the blue cheese–iceberg wedge is an obvious one, as well as composed salads like the one on our cover this issue.

Speaking of the cover, it's a bit of a departure for us. Typically our cover “models” are a single fruit or vegetable, raw and unprepared. But for this issue we couldn't resist—the salad just looks too mouthwatering. Plus we still think it hits smack-dab in our sweet spot, which is celebrating the deliciousness of whole ingredients. This particular salad is from our “Better, Bolder Bean Salads” story by Katie Webster (page 60). It's no coincidence that Katie happens to be my sister. I can pretty much guarantee that if you asked Katie right now what her favorite food is, the answer would be simple. Salad.

Cheers,

Jessie

Jessie Price, editor@eatingwell.com

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FRESH

Wild for Watercress

The most nutritious green in a market (or stream) near you

You may have seen watercress at the grocery store, but did you know you might also spy it on your next nature walk? This peppery green vegetable grows wild in streams across much of the country. Wherever you get it, watercress is a nutritional powerhouse. When researchers at William Paterson University ranked foods based on levels of nutrients associated with reduced chronic disease, watercress earned a perfect score of 100—beating out well-known “superfoods” like cabbage, chard and even kale. Watercress packs in the nutrients for very few calories and received top marks for being a good source of many vitamins and minerals, including vitamins A and K, which are important for eye and bone health.

Pile this zesty green on sandwiches or use it in stir-fries, salads or any place you would normally use spinach (which, with a score of 86, is a strong runner-up in the power-greens category). —Lindsay Westley



Breakfast LIKE A King

700-Calorie Skillet Breakfast

Instead of double-fisting croissants, try our hearty breakfast skillet, shown here in an 8-inch pan. It's made with potatoes, eggs, Cheddar, a little bacon and lots of spinach. Get the recipe at eatingwell.com/webextra

Front-loading your calories just might help you shed pounds, according to a recent study in *Obesity*. People who ate their largest meal (700 calories) in the morning lost 11 pounds more over 12 weeks than people who consumed the bulk of their calories at dinner—even though they ate the same amount of daily calories (1,400). The high-breakfast eaters were also less likely to crave snacks later in the day (they had lower levels of ghrelin, the hormone that signals hunger)

and were more likely to stick to their diet

The high-breakfast eaters, however, ate only 200 calories for dinner, which may not be realistic for most of us. Lead researcher Daniela Jakubowicz, M.D., of the Wolfson Medical Center in Israel, suggests eating a protein-packed breakfast that also contains some carbohydrates, and loading up on vegetables with a small serving of protein in the evening to maximize weight loss

Can't get into a big breakfast? Even just eating lunch as a main meal earlier (before 3 p.m. vs. after 3 p.m.) helped people in Spain lose more weight in an *International Journal of Obesity* study. Early eaters lost an average of 22 pounds during a 20-week weight-loss program, while late eaters lost about 17 pounds. —Lori Miller Kase

Why is my dog eating grass, poop and sticks?

Many pet owners assume their dog's weird eating stems from a nutrient deficiency, but there's little evidence to support that idea. Here's why



GRASS While for some dogs grass-eating is linked to vomiting, many otherwise well dogs eat grass and other plants. It's pretty normal, but put a stop to it if your dog is vomiting often, eating grass treated with insecticides or fertilizers or noshing on toxic plants (search "toxic plants" at aspc.org)

POOP Many dogs will eat other animal's droppings (even their own!) if given the opportunity. Yes, it's gross, but poop *might* taste good to dogs. It's still best to limit your pet's access to poop to prevent infections like *E. coli*, *Salmonella* and worms.

STICKS, BALLS, SOCKS, ETC. When dogs are bored or stressed they may eat toys and sticks, but try to prevent this. Objects like these can get lodged in the digestive tract and the dog may require emergency surgery

BOTTOM LINE Eating these kinds of things is pretty normal behavior for dogs, so don't worry. However, if your dog seems constantly hungry or repeatedly eats nonfood items, consult your veterinarian.

—Caillin Heinze, VMD, MS, DACVM
@C_HeinzeVMD

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Garden Variety

If you love heirloom tomatoes or unusual veggies, you may have this farm to thank

It started with a classified ad in 1975. Diane Ott Whealy and her then-husband, Kent, put an ad in Mother Earth News in hopes of connecting with people who wanted to preserve and trade heirloom seeds. A handful of people said, "Yes, I love growing my granny's seeds." Forty years later, Seed Savers Exchange boasts 13,000 members and a collection of more than 20,000 varieties of heirloom plants, which they keep at their farm in Decorah, Iowa (above). Diane tells us why saving seeds is crucial.

What inspired you to start Seed Savers Exchange?

When my grandfather passed away in 1974, Kent and I realized that if he hadn't given us his morning glory seeds, those flowers could've disappeared from our culture. We wondered how often there are seeds with nobody to pass them along to. At the same time, the gardening industry was changing with the commercial introduction of hybrid seeds, which are crossbred for desired traits but need to be repurchased every year. Hybrid seeds became popular with gardeners, and eventually many seed companies dropped the nonhybrid seeds.

Why is it important to save seeds?
Think of the precarious situation we'd be in if our food came from a

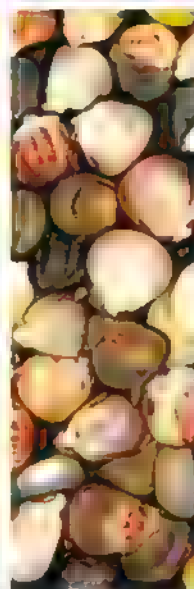
single source! There are thousands of plant varieties, but most of the food at the grocery store comes from just a few. A few years ago we had a drought in Iowa, and since almost all the corn grown here is the same variety, it was all affected by the drought. But on our farm we have diverse varieties, and some handle drought better than others. Our corn wasn't affected as much. There's no way to know what plant

material we're going to need to face all the challenges that are part of agricultural life. We want to make sure that we have all the genetic pieces to maintain diversity.

When you look back over 40 years, what makes you most proud?

Over the years, thousands of people have joined our cause and we've saved 20,000 seed varieties. Every seed has a story, a personality. The 'German Pink' tomato is wonderful for canning, which I learned because my grandma always used it for canning. You can see a culture, how it was used, who was eating it—it leads to a history lesson about where our food comes from.

—Debbie Koenig



Heirlooms to Try This Season

Whether you plan to sow seeds yourself (check out seedsavers.org) or shop the harvest at the farmers' market, these three heirloom vegetables are worth seeking out.

'Lolla Rossa' lettuce:

Pale green at the center with glorious, garnet-colored frilled edges, this mild-flavored, tender-crisp lettuce lends a touch of elegance to a simple tossed salad.

'Cherry Roma' tomatoes:

They may look like miniature plum tomatoes, but these beauties pack a spicy-sweet punch.

'Amish' snap peas:

Delicate and crisp, with a sweet, full flavor. According to Seed Savers Exchange, this snap pea was grown by the Amish long before the more commonly found varieties.

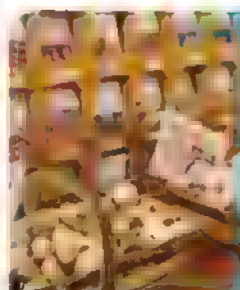
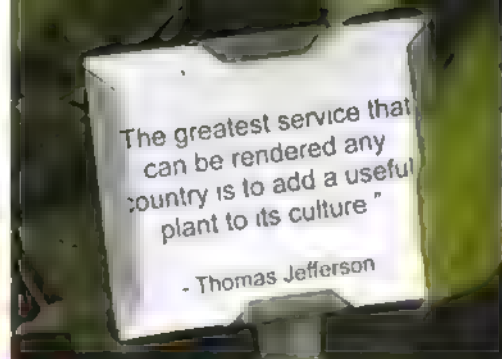
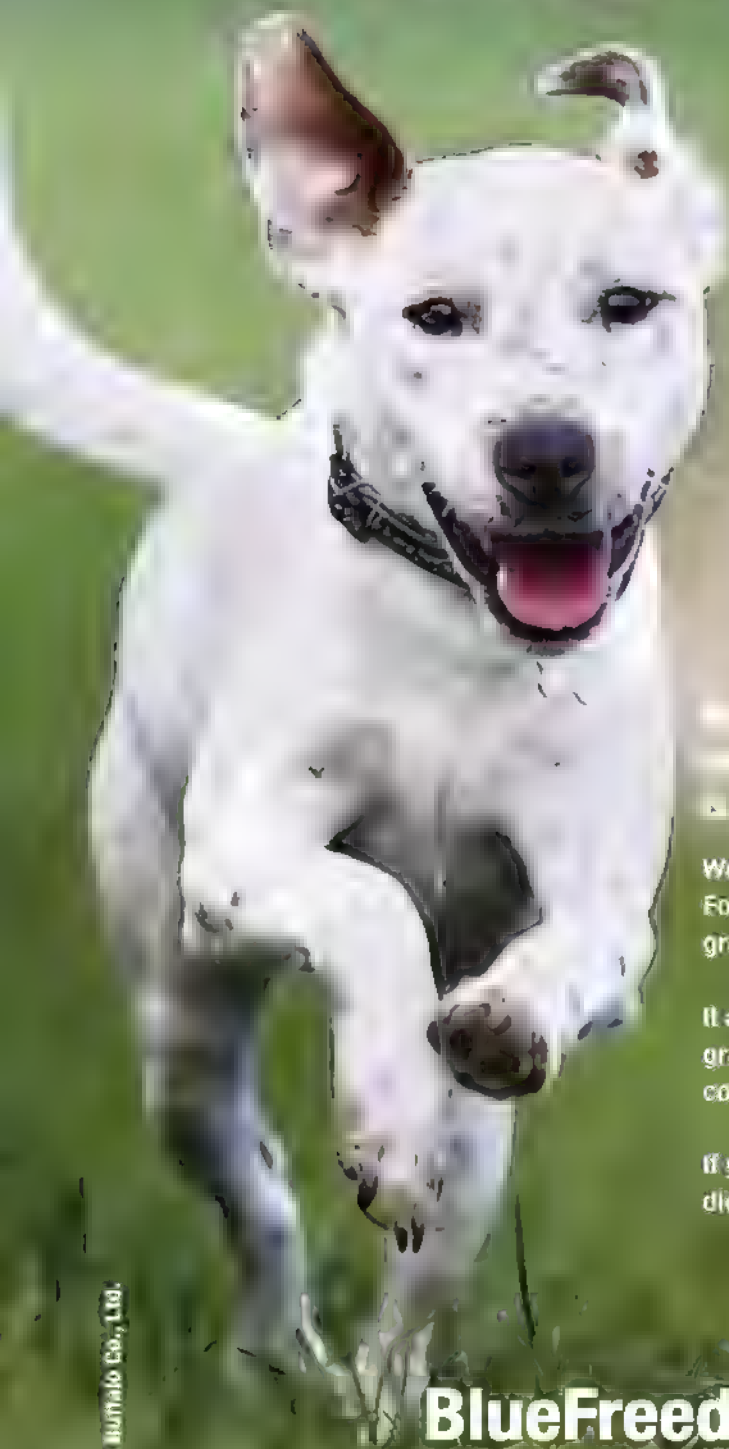


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Put down that box of pasta and try vegetable noodles instead. With a spiral vegetable slicer, or spiralizer, you can create ribbons of nutrient-packed veggies that are lower in calories than pasta. Firm vegetables (and even fruits) hold their shape best as they pass through the noodle-forming blades. Try carrots, beets,

sweet potatoes, turnips, summer and winter squash, apples and pears. For inspiration, turn to page 46 and try Shrimp Piccata with Zucchini Noodles. Eating more vegetables is just a twirl away — *Brenda Lai, M.P.H., R.D.*

EDITOR'S PICK: "My favorite model, the Paderno World Cuisine 3 Blade Spiralizer is sturdier than other models and does a great job cutting vegetables into thin and thick spaghetti-like noodles as well as flat, pepperoni-like ones." — *B.L.*

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Know Despite its caustic-sounding name, this ingredient is identical to the vitamin C found naturally in citrus fruits, bell peppers and other plant foods. The recommended daily value is 60 milligrams and most people get enough that scurvy's no longer a worry. But C is essential for a healthy immune system, skin, nerves and many other body functions. Manufacturers add it to foods to increase their C content as well as to maintain color and prevent spoilage. Sodium ascorbate is a form that's more soluble and milder to the stomach—and adds a minimal amount of sodium. All forms used in foods are considered safe by the FDA and consumer watchdog groups, such as CSPI and EWG.

—Anne Treadwell

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Are uncured hot dogs healthier?

Listen up. I have a secret to share, one that I rarely admit. I *really* like hot dogs. So when I first discovered uncured hot dogs (also labeled “no nitrates or nitrites added”), I immediately bought them.

Nitrates and nitrites are key in hot dogs and other cured meats like ham and bacon—they prevent spoilage and block the growth of the bacterium that causes botulism (a foodborne illness). They’re types of salts, with nitrates naturally found in many vegetables and converted to nitrites in your body—or in the lab. But I also knew the preservatives are believed to be associated with a higher risk of colorectal cancer.

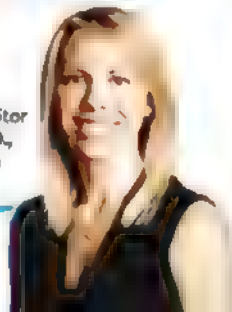
So these uncured dogs were the healthier choice, right? Turns out most uncured meats still have nitrates/nitrites in them—they just come from a natural source like celery powder. They’re labeled “uncured” and “no nitrates or nitrites added” because that’s what USDA labeling laws require when naturally sourced nitrates/nitrites are used.

According to a 2011 study, uncured meats may contain just as many nitrates/nitrites, if not more, than conventional meats. But whether they have more or less might not matter. For cancer, it’s still unknown if the preservatives are the cause or if it’s something else in cured meats that’s harmful (see page 87). Plus, newer research suggests that nitrates/nitrites may help lower blood pressure and improve exercise performance. To this end, experts suggest eating more nitrate-rich veggies, such as beets.

THE BOTTOM LINE

Pick a hot dog that you feel good about eating—only 5 to 20 percent of the average American’s dietary nitrates/nitrites comes from cured meats. But it’s a good idea to limit them: eating lots of cured meats may up your colorectal cancer risk.

Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at askus@eatingwell.com



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SHOP SMART by Lisa D’Agrosa, M.S., R.D.

Condiments: Put the Squeeze On

We lined up the usual suspects—mustard, ketchup, mayo and relish—and took a closer look at the nutrition stats of our favorite burger and dog toppings. What we found: it’s easy to rack up sodium and overrun your 2,300 mg daily limit (plus some extra calories and sugar) when you use a heavy hand with the condiments. Here’s what to know before you stock up for your summer BBQs.

Ketchup: Ketchup has about 4 grams (1 teaspoon) of sugar per tablespoon, most of which is added sugar (aim for no more than 6-9 teaspoons of added sugar per day). There’s not a lot of variation among brands, so choose your favorite.

Mayonnaise: The top-selling condiment in America also packs the biggest calorie punch. Save on calories with low-fat mayo (a mere 15 calories per tablespoon) or light mayo, but be aware that these may have added sugars and starches. For a cleaner ingredient list, choose regular mayo (about 100 calories per tablespoon) and smear on sparingly.

Relish: Whether you prefer sweet or dill, watch out for fake food dyes (like Yellow 5) and look for a jar with 90 mg of sodium or less per tablespoon—some have more than 300 mg!

Mustard: Brands span from 30-125 mg of sodium per teaspoon—which is a pretty big range for such a small amount. Squeeze out a tablespoon and you could be looking at 15% of your daily sodium limit. Look for mustard with no more than 65 mg of sodium per teaspoon (Dijon varieties tend to be the highest).

Other Tasty Toppers to Try: Load up on the vegetables. Put out plenty of lettuce, tomato, red onion, avocado or get fancy with grilled eggplant, mushrooms and peppers to boost the taste and nutrition of your burgers and dogs.

Brands We Love:

KETCHUP: Heinz Tomato, Stonewall Kitchen Country, Annie’s Natural’s Organic

MAYO: Hampton Creek Just Mayo, Spectrum Light Canola, Hellman’s Real

RELISH: 365 Organic Sweet, Cascadian Farm Organic Sweet

MUSTARD: French’s Classic Yellow, Sir Kensington’s Spicy Brown, Grey Poupon Deli with Horseradish





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Reframe Your Mind

1 Make Exercise Fun

Women in a study who thought they were "exercising" ate more chocolate afterwards than women told they were on a "scenic" stroll. But they walked the same path. So what gives? "When you do something you don't enjoy, you feel like you have to compensate by rewarding yourself with other things, sweets in this case," says Brian Wansink, Ph.D., eating behavior advisor and author of *Slim by Design*. Avoid that need to reward yourself by rebranding your workout as "me time," for example.

When it comes to losing weight and getting healthier, your mind can be your biggest enemy. The good news: you can harness your meddlesome thoughts to work with you instead of against you. And you don't need a Herculean amount of willpower. Here are strategies to try.

By Karen Asp

2 Forgive Your Flaws

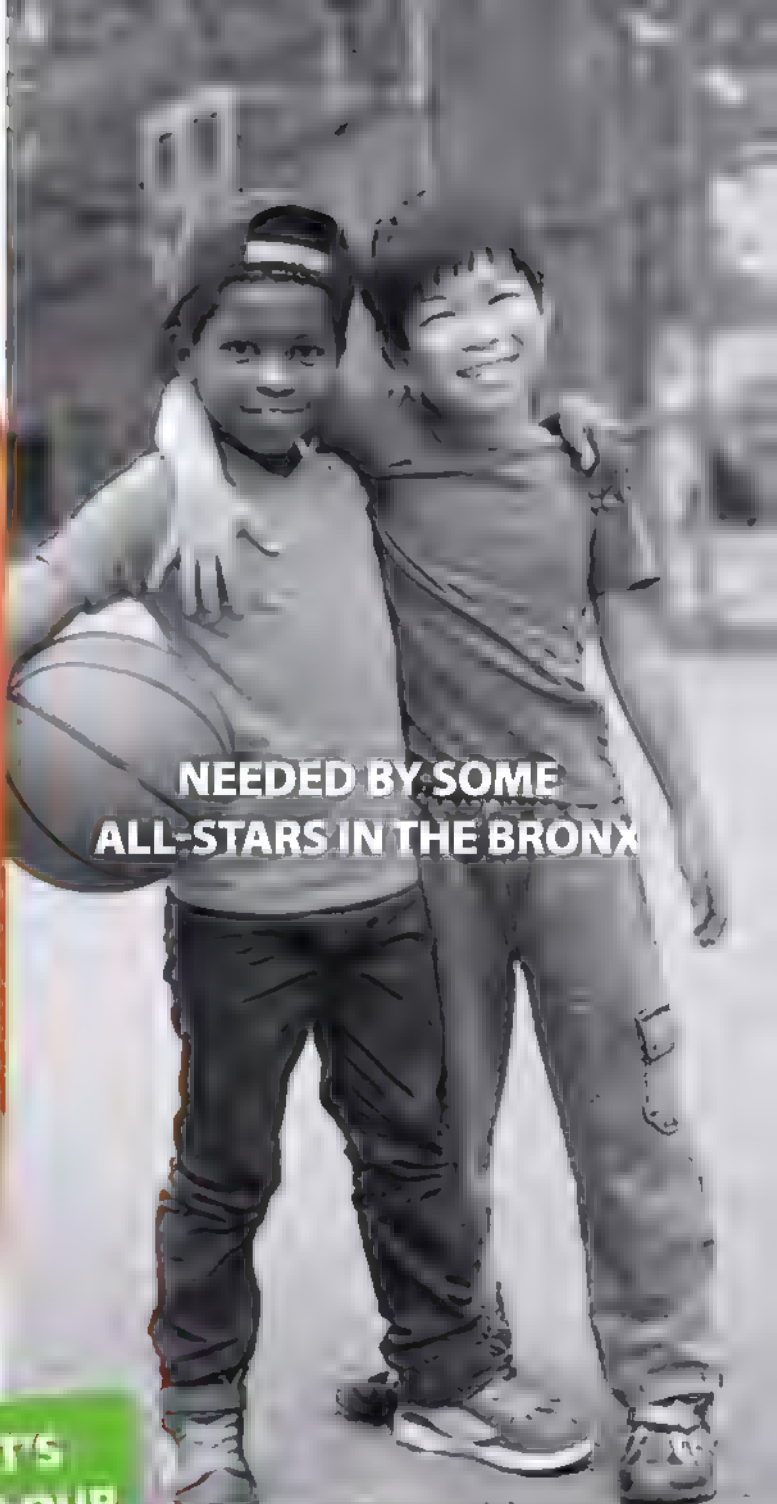
Instead of attacking your imperfections, start embracing them (remember, *nobody* is perfect). According to a 2014 study in *Body Image* that asked women to rank how tolerant they were of their flaws, those with more self-compassion had a more positive body image, regardless of their weight. "With a more positive body image, you tend not to focus excessively on exercise and dieting; you're better able to trust your hunger and satiety cues," says Allison Kelly, Ph.D., assistant professor of psychology at the University of Waterloo and lead study author. To build self-compassion, imagine what a friend would say to you when you're feeling down on yourself. "It can feel a little phony at first," Kelly says, "but over time, it gets easier."

3 Focus on Maintenance First

As backwards as it sounds, women who learned skills to maintain their weight for eight weeks before starting a weight-loss program had more success keeping pounds off than women who started the program immediately. "Many women don't know how to maintain weight loss, which can be tougher than many people realize," says Michaela Kiernan, Ph.D., lead study author. Before plunging into slimming down, teach yourself skills to maintain: find healthy replacements for high-calorie foods and make peace with the scale by learning to accept that small fluctuations are normal.



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See the chart on page 25 to learn how your milk of choice stacks up with some alternatives.

THE MILK DEBATE

Don't Have a Cow

Is it time to rethink your three servings a day?

BY KAREN ANSEL, M.S., R.D.N.

Milk. You've been told countless times it does a body good, but a debate is brewing in the nutrition community with vocal voices on both sides. A new Swedish study—published late last year in the journal *BMJ*—has been a large part of why conventional wisdom on milk is suddenly being questioned.

The Swedish researchers tracked the diets of nearly 107,000 people for up to 20 years and found that cow's milk offered no bone-fracture protection for men. And for every daily glass of milk a woman drank, her odds of fracturing a hip climbed by 9 percent. Wait, what? Haven't we been told that milk builds strong bones? Perhaps even more surprising was the finding that downing more than three glasses of milk a day (of any fat content) also raised women's risk of dying from heart disease by 90 percent and men's by 16 percent. The reason? Researchers speculate that one of the naturally occurring sugars in milk (galactose) may promote inflammation that could weaken bones and is possibly linked to heart problems. But "milk sugar tends to be a very modest contributor to total sugar intake and is unlikely to be harmful if sugar intake isn't already excessive," says *EatingWell* advisor David Katz, M.D., director of Yale University's Prevention Research Center.

Wondering if it's time to wipe the milk mustache off your face? "I'd caution against overinterpreting the Swedish study. It only looked at association and didn't establish cause and effect," says Katz. "I don't think this study is a basis for changing behavior." (See "How Cow's Milk Really Impacts Your Health," page 24)

Meanwhile, the USDA still recommends three daily servings

of dairy, especially milk (or its calcium equivalent). That's because milk delivers nutrients most of us don't get enough of, like calcium, vitamin D and potassium. And even though other foods provide calcium (collards, bok choy, tofu), few serve up the 300 milligrams you get in a cup of milk. That cup also has over 8 grams of protein.

But new thinking among nutrition experts says that may not be justification enough. "Over the last 40 years almost all of our dietary guidelines regarding milk have been based on theories about single nutrients like calcium and vitamin D rather than actual health outcomes," says Dariush Mozaffarian, M.D., dean of the Friedman School of Nutrition Science and Policy at Tufts University.

The problem is that "modern chronic diseases are influenced by foods and overall diet patterns, not individual nutrients," he adds. If you dig a little deeper into the USDA's 2010 Dietary Guidelines, the fine print says that milk and milk products are linked to "moderate" evidence of better bone health, clearly not a slam dunk. "Dairy products are foods with nutrients that can contribute to healthful diets, but these foods are by no means essential," says Marion Nestle, Ph.D., M.P.H., professor at New York University and an *EatingWell* advisor. "Diets that are dairy-free can also be healthful, and sometimes healthier."

Confused yet? "Out of all the food groups in our diet, dairy is probably the least understood, and one where we need to do more research," says Mozaffarian. Chances are the research will continue to evolve, as there are still reasons for and against drinking milk. Your best bet—for now—is to enjoy milk in moderation.

How Cow's Really Impacts Your Health



Food Allergies

Some people claim milk causes food allergies. But allergy experts aren't biting. "There's a lack of scientific evidence that drinking milk has any direct correlation to the increasing development of any food allergy in the population," says Wesley Burks, M.D., a pediatric allergy expert, professor and chair of the department of pediatrics at the University of North Carolina.

If you're concerned that you're allergic to milk, keep in mind that being truly allergic to cow's milk is rarely seen in adults, because it's almost always outgrown. Only about 0.4 percent of American adults suffer from it compared to 1 to 2 percent of children. Lactose intolerance (the inability to break down all the lactose in some dairy products), however, is

more prevalent, affecting about one in 10 Americans, particularly Asian Americans, Hispanics and African Americans. If you're worried you are either allergic or have lactose intolerance, talk with your doctor.

Bone Health

"The evidence that dairy, or dietary calcium, lowers fracture risk in adults has never been strong," says public health expert David Katz, M.D., of Yale University. "There are whole populations around the world that eat no or little dairy, yet suffer little osteoporosis." There's also the which-came-first issue of whether milk raises osteoporosis risk—which in turn ups the likelihood of fractures—or if people at

heightened risk of osteoporosis drink more milk. But, even in light of recent *BMJ* findings linking milk to a slight increase in hip-fracture risk among women, it doesn't mean it's *bad* for your bones. The bottom line: For better bone health, don't just focus on calcium-rich foods (from either dairy or nondairy sources); stay active and watch your sodium intake. Too much sodium in your diet can increase the amount of calcium your body excretes.

Acne

Turns out, milk (and other dairy) may be the reason you reach for the concealer. It contains a hormone (5-alpha-pregnandione) that can boost testosterone levels, triggering the production of sebum, the oily fluid that helps moisturize your skin. Although some sebum is a good thing, too

If you go dairy-free, be mindful of calcium and include other calcium-rich foods in your diet (collards, bok choy, tofu). Your body needs it for crucial functions like helping muscles contract and transmitting nerve signals.

much clogs your pores and encourages breakouts. If you suspect milk is wreaking havoc on your complexion, Whitney P. Bowe, M.D., clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai Medical Center, recommends trying a dairy-free diet for six weeks to three months to see if your skin clears up.

Blood Pressure

Despite the recent Swedish study that suggests drinking more than three glasses of milk a day raises your risk of dying from heart disease, "the larger body of evidence suggests that milk's impact on heart health is neutral," says Dariush Mozaffarian, M.D., of Tufts University. And its neutrality is regardless of fat content. Even if milk doesn't help your heart directly it can be a smart choice for your blood pressure,

as it's packed with a cocktail of blood-pressure-lowering proteins and minerals including potassium, magnesium and calcium. One study of adults aged 55 and up found that for every $\frac{2}{3}$ cup of dairy consumed a day they lowered their odds of high blood pressure by 7 percent. When researchers looked closer, low-fat dairy appeared to have the greatest benefit.

Colon Cancer

A 2012 *Annals of Oncology* analysis of 19 studies found that drinking slightly less than a cup of milk a day (about 7 fluid ounces) decreased colorectal cancer risk by 9 percent—and the more participants drank, the more they lowered their risk. While experts aren't sure exactly how milk protects your colon, they believe calcium is responsible. Here's why: after you consume calcium, it binds to and inactivates substances in your digestive tract known as bile acids, which can damage your colon. Calcium may also regulate uncontrolled growth of colon cells that can lead to cancer.

Prostate Cancer

A new American Institute for Cancer Research (AICR) international report finds that milk's relationship to prostate cancer is unclear, but excess calcium might bump up risk slightly. In fact, the organization just downgraded its 2007 conclusion connecting high-calcium diets to prostate cancer from "probable" to "limited-suggestive," meaning the data isn't persuasive enough to recommend limiting milk. To put that in perspective, for every 1,238 mg of calcium a day a man consumes (the amount in roughly four glasses of milk), his prostate cancer risk inches up 4 percent. "Here, the take-home message is to get the calcium you need without excess," says Karen Collins, M.S., R.D.N., nutrition advisor for the AICR. "More isn't better." 

Despite the buzz that it's better for you, raw milk offers little nutritional advantage over pasteurized. True, it's slightly higher in thiamin and vitamins B₁₂ and C, but milk isn't a substantial source of these nutrients anyway (and you get plenty from meat, poultry, seafood, whole grains, fruits and vegetables). It is true that pasteurization kills off some enzymes naturally found in milk, but your stomach's natural acids probably deactivate these during digestion. Plus, those enzymes do nothing to improve your health or enhance milk's digestibility, says Robert Tauxe, M.D., M.P.H., of the National Center for Emerging and Zoonotic Infectious Diseases.

Raw-milk enthusiasts also say it has more healthy bacteria, but you could drink some seriously dangerous bacteria too. "There's no way to be sure, as milk with disease-causing bacteria may not look, smell or taste different than untainted milk," says Tauxe. Pasteurized milk, however, has been heated to temperatures that wipe out dangerous bacteria like *Campylobacter*, *E. coli*, *Listeria* or *Salmonella*. Your chances of getting sick from drinking raw milk are 150 times higher than from pasteurized—and for pregnant women, people with weakened immune systems, children or teenagers, those odds are even higher. In fact, yearly outbreaks from drinking raw milk quadrupled from 2007 to 2012, according to a CDC study. The rise in outbreaks is linked to more people drinking raw milk as some states have legalized its sale. What about raw-milk cheese? If it's been aged for 60 days it's usually safe.

Got (Alternative) Milk?

If you're looking for an alternative to cow's milk, you're in luck: the number of nondairy "milks" on store shelves is booming. Here's how popular cow's-milk alternatives stack up, cup for cup.

CASHEW

Creamier than cow's milk, but with a sweetness that cashews are known for, this newcomer is like almond milk—low in calories and carbs.
Calories: 25-40
Protein: 0-1g
Fat/Sat. Fat: 2.3-5g/0-0.5g
Sugars: 0-1g
Calcium: 100-450mg*
Vitamin D: 100-140IU*

SOY

A good swap for cow's milk thanks to its slight sweetness and respectable protein content. The amount of protein also makes this the best of the plant-based milks for baking and cooking.
Calories: 80-120
Protein: 7-12g
Fat/Sat. Fat: 4-6g/0.5-1g
Sugars: 1-2g
Calcium: 40-300mg*
Vitamin D: 120IU*

RICE

Similar in texture to skim milk, with a subtle flavor hint of rice. Per *Consumer Reports*, limit how much you drink as rice contains arsenic (a natural element that may raise risk of heart disease and some cancers).
Calories: 70-130
Protein: 0-1g
Fat/Sat. Fat: 2.2-5g/0g
Sugars: <1-14g
Calcium: 250-300mg*
Vitamin D: 100IU*

MOO JUICE FOR KIDS

In one study, kids who drank alternative milks over cow's milk were more likely to have low vitamin D.

Flavored milks are often high in sugar, and even plain versions may have added sugars to match milk's natural sweetness.

CAUTION: NUTRITION FACTS LABEL

Calcium and vitamin D quantities can vary substantially from brand to brand.

The added nutrients tend to settle on the bottom.

COW (1%)

A top choice for cooking and baking because its ample protein solidifies and adds structure to foods when heated.
Calories: 102
Protein: 8g
Fat/Sat. Fat: 2g/1.5g
Sugars: 13g
Calcium: 305mg
Vitamin D: 117IU*

COCONUT MILK BEVERAGE

This naturally sweet, unobtrusively coconutty drink is lighter than its canned cousin.
Calories: 45-60
Protein: 0g
Fat/Sat. Fat: 4-5g/4-5g
Sugars: 0-1g
Calcium: 40-450mg*
Vitamin D: 100-120IU*

OAT

Thicker than rice or almond milks and its mild cereal-like flavor won't overwhelm your food.
Calories: 130
Protein: 4g
Fat/Sat. Fat: 2.5g/0g
Sugars: 19g
Calcium: 350mg*
Vitamin D: 100IU*

*If fortified.

ALMOND

This not-surprisingly nutty-tasting milk is ideal if you're trying to limit carbs and calories. Like rice milk, it has a light texture.
Calories: 30-50
Protein: 1g
Fat/Sat. Fat: 2.5-3.5g/0g
Sugars: 0-1g
Calcium: 20-450mg*
Vitamin D: 100IU*

HEMP

Don't be put off by its fat content—it's mostly heart healthy and includes omega-3s. It has a fresh grassy flavor, similar to sunflower or pumpkin seeds.
Calories: 70-80
Protein: 2-3g
Fat/Sat. Fat: 5-8g/0.5g
Sugars: 0g
Calcium: 300mg*
Vitamin D: 100-120IU*



Men at Work

Gender roles in the home kitchen are slowly balancing out, thanks to parents who let their boys trade Pontiacs for potholders. By Terry Lee

I learned how to make home-style donuts and Sunday Morning Rolls, little rustic cinnamon spirals, from my grandmother.

She also taught me how to sew and crochet. My mother thought these interests were a little unusual for a boy. The first time I asked her to let me make Sunday dinner, I was 13. She was definitely worried. About my cooking skills? Maybe, though I had helped with dinner a few times. Worried about my developing masculinity? Probably. Besides the cooking, I had insisted that she teach me how to iron. As the oldest of five, I took responsibility seriously. Everything about our domestic lives interested me—from helping repair the furnace to making crabapple jelly.

She took her concerns about that Sunday-dinner request to my father. I had spent untold hours helping him with car repairs, lying under our Pontiac Chieftain unbolting a bad starter. I helped him repair old plumbing in the cellar and trim felled trees with a man-sized, double-headed ax. I don't know what he said to her, but when they emerged from their bedroom, she gave me the run of the kitchen that Sunday morning and many after. I dredged a chuck roast in flour, salt, pepper and sage. There were kudos around the table for having made everything more-or-less palatable, once my father sliced the burned bottoms off the rolls.

These days, some 45 years later, a boy's desire to cook Sunday dinner might not seem quite so strange to a mother. But, then again, there are still real pressures on boys—as well as girls—to conform to gender role expectations. Be tough. Stifle emotions. Boys armor themselves, pushing away from anything coded as feminine.

I have rarely worried about “manning up,” especially in the eyes of other men. My father trusted that my “feminine” interests would lead me to a good place. (Love you for that, Dad.) I'm not sure where his instincts in this area came from. I wish he and my mother were still here to thank

I have rarely worried about “manning up.” My father trusted that my “feminine” interests would lead me to a good place.

I'm pretty sure that my mother didn't understand how encouraging me in the kitchen would help develop a healthy masculinity. I know she wasn't crazy about the countless mishaps and the strange-tasting fare I cooked up. I made a roast beef tougher than a tire, a bitter apple pie crust that no fork could flake and a scratch cake made with coconut, chocolate morsels and maraschino cherries that came out of the oven pretty much as it went in.

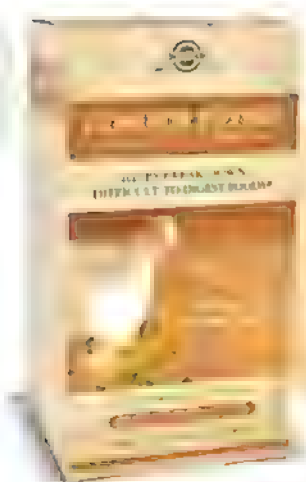
Much later in life, however, my mother's attitude softened. When my first wife and I divorced, I raised my young son and, in summers, my younger daughter, in our small, but homey, country house. I shopped, cleaned and cooked for the kids. I loved all of it, sampling my daughter's kitchen concoctions, cooking dinner summer evenings to k.d. lang on the boom box. We were happy. And every year in May came the best greeting cards I've ever received, sent by my mother, for Mother's Day.

Now my son is a successful attorney, practicing family law, as well as other skills like ironing his own clothes and working to perfect his ciabatti and brined roast turkey. At his recent engagement party he convinced his future in-laws to turn over the cooking to the two of us. His future mother-in-law cheerfully busied herself during the bustle of all the prep, though I did wonder if she was a little surprised—maybe even worried—about handing over the reins to her kitchen. But after the meal the smile on my son's face left no doubt about his pride when the crowd gathered around beautiful pans of paella, photographing, complimenting and even applauding the culinary efforts of two sons who cook. 🍴

TERRY LEE is an associate professor of English at Christopher Newport University in Newport News, Virginia, and the author of *A New Path at Midlife: Transformative Relationship & Story for Men*.

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W E E K N I G H T S

Dinners That Really Stack Up

These classic sandwiches with a healthy twist are meals worth getting your hands on

BLATS
(Bacon-Lettuce-
Avocado-Tomato
Sandwiches)
p. 30

BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches)

ACTIVE: 25 MIN TOTAL: 25 MIN

A slather of rich avocado and basil mayo makes this sandwich divine. (Photo: page 29)

- 8 slices center-cut bacon, halved
- 1 ripe medium avocado
- 2 tablespoons chopped fresh basil
- 1 tablespoon mayonnaise
- ½ teaspoon finely grated or minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 slices sprouted-wheat bread
- 1 medium tomato, cut into 8 slices
- 4 romaine leaves
- 1 cup alfalfa sprouts

1. Cook bacon in a large skillet over medium heat until crisp, 5 to 10 minutes. Transfer to a paper towel-lined plate.

2. Meanwhile, mash avocado in a medium bowl. Stir in basil, mayonnaise, garlic, salt and pepper. Toast bread.

3. Spread about 2 tablespoons of the avocado mixture on 4 slices of toast. Top each with 4 pieces of bacon, 2 tomato slices, 1 lettuce leaf, ¼ cup sprouts and the remaining toast.

SERVES 4: 1 SANDWICH EACH

Calories 342, Fat 16g (sat 3g), Cholesterol 15mg, Carbs 36g, Total sugars 1g (added 0g), Protein 14g, Fiber 10g, Sodium 541mg, Potassium 418mg

Vegetarian Muffalettas

ACTIVE: 30 MIN TOTAL: 30 MIN

Named for a Sicilian bread brought by immigrants to New Orleans, this sandwich is usually loaded with cured meats. Our vegetarian version has a trio of smoky grilled veggies. Chopped olives and banana peppers deliver the signature flavor of the classic.

- 1 small eggplant, cut crosswise into ½-inch-thick slices
- 1 large red bell pepper, quartered lengthwise
- 1 small zucchini, sliced lengthwise into 4 slices
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 crusty rolls, such as ciabatta rolls, split
- 4 slices provolone cheese
- 6 large pimiento-stuffed green olives, chopped
- 2 tablespoons chopped pickled banana peppers
- 1 tablespoon red-wine vinegar

1. Preheat grill to high

2. Toss eggplant, bell pepper, zucchini, oil, salt and pepper in a large bowl. Grill the vegetables, turning occasionally, until charred and tender, 6 to 10 minutes total. Grill rolls until toasted, 2 to 3 minutes. Put a piece of cheese on the bottom halves of the rolls as they come off the grill, to melt the cheese a little.

3. Reserve 4 roll-size eggplant slices, 2 zucchini slices and 2 bell pepper pieces. Finely chop the remaining vegetables and combine in a bowl with olives, banana peppers and vinegar; divide among the cheesy rolls. Place a reserved eggplant slice on top of each. Cut the reserved zucchini slices in half crosswise and thinly slice the bell pepper; place on the eggplant. Cover with the roll tops

SERVES 4: 1 SANDWICH EACH

Calories 380, Fat 18g (sat 6g), Cholesterol 20mg, Carbs 39g, Total sugars 6g (added 1g), Protein 15g, Fiber 5g, Sodium 924mg, Potassium 468mg





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Open-Face Turkey Reubens

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Here's a healthier take on the Jewish deli staple. A quick slaw made with homemade Russian dressing adds plenty of tang and crunch.

- | | |
|-----------------------------|--------------------------|
| ½ cup low-fat mayonnaise | 4 teaspoons canola oil |
| 4 teaspoons ketchup | 8 thin slices low-sodium |
| 1 tablespoon dill relish | deli turkey (8 ounces) |
| 3 cups coleslaw mix | 6 slices low-sodium |
| 4 slices pumpernickel bread | Swiss cheese |

1. Position rack in upper third of oven; preheat broiler.
2. Whisk mayonnaise, ketchup and relish in a medium bowl. Add coleslaw mix and toss to coat.
3. Place bread on a rimmed baking sheet and brush each piece with 1 teaspoon oil. Broil until toasted, 2 to 4 minutes. Flip the bread over and top each piece with 2 slices of turkey, ½ cup of the coleslaw and 1½ slices Swiss cheese. Toast the sandwiches under the broiler until the cheese is melted, 2 to 3 minutes.

SERVES 4: 1 SANDWICH EACH

Calories 383, Fat 20g (sat 7g), Cholesterol 63mg, Carbs 26g, Total sugars 6g (added 1g), Protein 26g, Fiber 3g, Sodium 733mg, Potassium 238mg.

Chicken French Dip Sandwiches

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Chicken breast replaces sliced beef in this dunkable makeover.

- | | |
|---|--|
| 2 8-ounce boneless, skinless chicken breasts | 8 ounces sliced mushrooms |
| ½ teaspoon poultry seasoning | ¼ cup dry sherry |
| ½ teaspoon salt, divided | 1½ cups low-sodium chicken broth |
| ¼ teaspoon ground pepper | 1 tablespoon Worcestershire sauce |
| 3 tablespoons extra-virgin olive oil, divided | 1 20-inch baguette, preferably whole-wheat |
| 1 medium onion, thinly sliced | |

1. Cut chicken breasts in half horizontally. Cover with plastic wrap and pound with a smooth meat mallet or a heavy pan to an even ¼ inch thickness. Sprinkle with poultry seasoning, ¼ teaspoon salt and pepper.
2. Preheat oven to 400°F.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a clean cutting board; cover to keep warm.
4. Add 1 tablespoon oil to the pan. Cook onion and mushrooms over medium heat, stirring occasionally, until light brown, 6 to 8 minutes. Add sherry and cook, stirring, for 1 minute. Stir in broth, Worcestershire and the remaining ¼ teaspoon salt. Bring to a boil and cook until the liquid is reduced slightly, about 5 minutes.
5. Meanwhile, cut baguette into 4 portions and slice horizontally. Pull out the soft inner bread; brush the insides with the remaining 1 tablespoon oil. Toast on a baking sheet in the oven for about 10 minutes.
6. To serve, strain the liquid from the mushroom mixture for dipping. Slice the chicken into strips. Divide the chicken and mushrooms among the baguette pieces to make 4 sandwiches. Serve with the dip.

SERVES 4: 1 SANDWICH WITH ¼ CUP DIP EACH

Calories 449, Fat 15g (sat 2g), Cholesterol 63mg, Carbs 46g, Total sugars 4g (added 0g), Protein 37g, Fiber 8g, Sodium 771mg, Potassium 537mg

Go for low-sodium deli meats and cheese: They save about 440 mg of sodium per serving in this sandwich.

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Denver Omelet Sandwiches

ACTIVE: 25 MIN TOTAL: 25 MIN

This egg sandwich with flavorful Canadian bacon and crunchy bell pepper is a perfect breakfast-for-dinner candidate. For an evening meal, serve with roasted potatoes and a tomato salad. For breakfast, just add a cup of coffee or tea and you're good to go.

- | | |
|---|---|
| 4 whole-wheat English muffins, split | $\frac{1}{8}$ teaspoon salt |
| 4 slices Canadian bacon | $\frac{1}{4}$ teaspoon ground pepper |
| 1 cup shredded extra-sharp Cheddar cheese | 1 tablespoon extra-virgin olive oil |
| 4 large eggs | $\frac{1}{2}$ cup chopped onion |
| | $\frac{1}{2}$ cup chopped green bell pepper |

1. Position rack in upper third of oven; preheat broiler. Coat a large rimmed baking sheet with cooking spray.
2. Place English muffins split-side up on one side of the baking sheet and place Canadian bacon on the other side. Broil until the bacon is hot and the muffins are toasted, about 2 minutes. Divide cheese among 4 muffin halves. Turn the broiler off and return the baking sheet to the oven to melt the cheese and keep warm.
3. Whisk eggs, salt and pepper in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add onion and bell pepper and cook, stirring occasionally, until just starting to brown, 3 to 5 minutes. Spread the vegetables evenly in the pan and pour in the eggs. Reduce heat to medium and cook without stirring, but lifting the edges to let uncooked egg from the middle flow underneath, until the bottom is set, about 2 minutes. Cover and cook until the eggs are fully set, 2 to 4 minutes more.
4. Fold the omelet in half and slide onto a cutting board. Cut into quarters. Assemble each sandwich with one cheesy muffin half, a slice of bacon, a quarter of the omelet and a remaining muffin half.

SERVES 4: 1 SANDWICH EACH

Calories 408, Fat 21g (sat 9g), Cholesterol 230mg, Carbs 31g, Total sugars 7g (added 5g), Protein 25g, Fiber 5g, Sodium 818mg, Potassium 397mg.



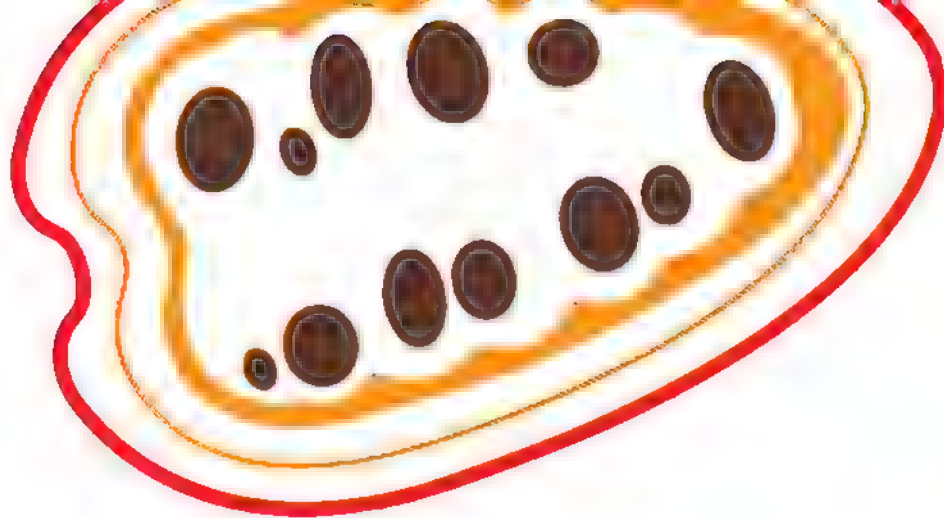
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with sea salt.





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I N S E A S O N



Ripe Right Now

It's strawberry time,
so get out there!
Pick them, eat them,
love them!

Pluck a strawberry, sun-kissed and smelling of sweet roses, and let it burst in your mouth. That irresistible flavor is the essence of summer. Since strawberries are grown in all 50 states, it's pretty easy to find a place to gather them by the basketful whenever your season begins. Visit pickyourown.org to find a farm near you. When you bring your harvest home, these delicious recipes provide plenty of inspiration. Gently mix berries with honey, lemon juice and mint for a luscious fruit salad. Tuck them between whole-grain shortcake layers with a dollop of cream. Or arrange them on toothpicks with Brie and drizzle with balsamic syrup for a sweet-and-savory appetizer (pictured here). So get to the strawberry patch—your work will be sweetly rewarded. —Breana Lai, M.P.H., R.D.

SKIN SAVER

The polyphenols in these bright red berries may keep your skin looking younger by minimizing skin damage caused by [UV rays](#), says a recent lab study.

Strawberry Fruit Salad

ACTIVE: 10 MIN TOTAL: 40 MIN

This summer berry salad makes enough for a crowd. Serve with granola and yogurt at brunch or as a healthy potluck side.

- 2 tablespoons honey
- 2 tablespoons lemon juice
- 6 cups hulled fresh strawberries, halved (or quartered if large)
- 2 cups fresh blackberries
- $\frac{1}{4}$ cup finely chopped fresh mint

Whisk honey and lemon juice in a large bowl. Add strawberries and blackberries; gently toss to coat. Let stand for at least 30 minutes and up to 1 hour. Stir in mint just before serving.

SERVES 8: ABOUT $\frac{3}{4}$ CUP EACH

Calories 70, Fat 1g (sat 0g), Cholesterol 0mg, Carbs 17g, Total sugars 12g (added 4g), Protein 1g, Fiber 4g, Sodium 3mg, Potassium 252mg.

Strawberry Banana Smoothie

ACTIVE: 10 MIN TOTAL: 10 MIN

protein and ground flaxseed.
average 10 to 15 minutes.
and a small amount of protein.
opt for water if you're

- $\frac{1}{2}$ cup hulled strawberries, fresh or frozen
- $\frac{1}{2}$ medium banana
- $\frac{1}{2}$ cup diced mango, fresh or frozen
- $\frac{1}{2}$ cup nonfat plain Greek yogurt
- 1 tablespoon natural nut butter, such as cashew or almond
- 1 tablespoon ground flaxseed (flaxmeal)
- $\frac{1}{4}$ teaspoon vanilla extract
- 4 ice cubes or $\frac{1}{4}$ cup water

Combine strawberries, banana, mango, yogurt, nut butter, flaxmeal, vanilla, and ice cubes (or water) in a blender. Puree until smooth.

SERVES 1: $1\frac{1}{2}$ CUPS EACH

Calories 359, Fat 14g (sat 2g), Cholesterol 0mg, Carbs 46g, Total sugars 30g (added 0g), Protein 19g, Fiber 10g, Sodium 85mg, Potassium 917mg.

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Muffin-Tin Strawberry Shortcakes

ACTIVE: 35 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Store cooled shortcakes airtight for up to 1 day; reheat in a 250°F oven just before serving if desired

EQUIPMENT: 12-cup muffin tin (½-cup)

Skip rolling and cutting dough—use your muffin tin to make shortcakes. Look for lemon curd near jams and jellies or skip it and combine the berries with 2 tablespoons sugar in Step 4.

- 1¼ cups white whole-wheat flour
(see Tip, page 93)
- 1¼ cups all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 5 tablespoons cold unsalted butter,
cut into small pieces
- 1 large egg
- 1 cup reduced-fat milk
- 1 teaspoon vanilla extract
- 3 cups sliced fresh strawberries
- ½ cup lemon curd
- ½ cup whipped cream

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray

2. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder and salt in a large bowl. Add butter; with your fingers, quickly rub it into the dry ingredients until the pieces are smaller but still visible. Whisk egg, milk and vanilla in a small bowl; add to the dry ingredients and stir with a fork just until the batter comes together.

3. Scoop a generous 3 tablespoons batter into each muffin cup. Bake until puffed and golden at the edges, 14 to 18 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool for 15 minutes more

4. Meanwhile, combine strawberries and lemon curd in a medium bowl

5. Split the shortcakes in half and serve each with ¼ cup of the strawberries and about 2 teaspoons whipped cream.

SERVES 12: 1 SHORTCAKE EACH

Calories 227, Fat 8g (sat 5g), Cholesterol 32mg, Carbs 32g, Total sugars 14g (added 11g), Protein 5g, Fiber 2g, Sodium 149mg, Potassium 134mg.

Strawberry & Brie Bites

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Hold (without glaze)

at room temperature for up to 1 hour or refrigerate for up to 2 hours. **EQUIPMENT:** 12 appetizer-size skewers or toothpicks

Strawberries, Brie, basil and balsamic combine for an addictive one-bite appetizer

- 12 small fresh strawberries, hulled
- 12 fresh basil leaves
- 3 ounces Brie cheese, cut into 12 small pieces (about ½-by-1-inch)
- 2 teaspoons balsamic glaze (see Tip, page 93)

Thread a strawberry, basil leaf and piece of cheese onto each of 12 toothpicks. Drizzle with balsamic glaze just before serving.

MAKES 12 (analysis per piece)

Calories 28, Fat 2g (sat 1g), Cholesterol 7mg, Carbs 1g, Total sugars 1g (added 0g), Protein 2g, Fiber 0g, Sodium 45mg, Potassium 28mg.



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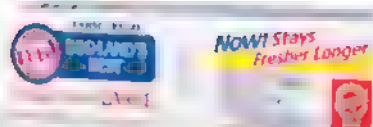
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Shrimp Tales

Four fresh takes on America's favorite seafood

FARMED VS WILD Farmed shrimp raised in the U.S. is generally considered eco-friendly. Imported farmed shrimp is not. There are some exceptions certified through organizations such as the Marine Stewardship Council (check the label). Wild shrimp is a good choice as long as you avoid any from Mexico and Louisiana: those fisheries have heavy by-catch levels, including endangered sea turtles, and Mexico's shrimp population has been depleted.

COUNT ON THEM Shrimp is usually sold by how many make a pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Terms like "large" are not standardized. If you buy shrimp that is a different size than the recipe calls for, just remember as soon as the shrimp is pink and curled, it's done.

THE NUTRITION STORY Shrimp is high in dietary cholesterol, but current nutritional wisdom says that doesn't negatively affect blood cholesterol. To limit sodium, buy shrimp that hasn't been treated with sodium tripolyphosphate (STP), a salty solution that acts as a preserving agent. Untreated shrimp has only about 100 mg sodium for every 3-ounce serving. — Carolyn Malcoun

Baked Popcorn Shrimp with Sweet Chili Sauce

ACTIVE: 25 MIN TOTAL: 25 MIN

Tiny shrimp make these crunchy bites perfect for popping in your mouth by the dozen (or maybe even a few more). Bonus: smaller shrimp are less expensive than larger ones.

- | | |
|--|---|
| 2 large eggs | Canola oil cooking spray |
| 1 teaspoon Old Bay seasoning | $\frac{1}{2}$ cup nonfat plain Greek yogurt or reduced-fat sour cream |
| $\frac{1}{2}$ teaspoon garlic powder | |
| $\frac{1}{2}$ teaspoon salt, divided | $\frac{1}{4}$ cup Thai sweet chili sauce |
| $1\frac{1}{4}$ cups panko breadcrumbs | 1 teaspoon sriracha or other hot sauce |
| 1 pound peeled and deveined raw shrimp (50-70 count) | |

1. Position rack in bottom of oven; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Whisk eggs, Old Bay, garlic powder and $\frac{1}{4}$ teaspoon salt in a shallow bowl. Place breadcrumbs in another shallow bowl or dish. Add shrimp to the egg mixture and stir until well coated. Transfer to the breadcrumbs with a slotted spoon and gently stir to coat. Arrange the shrimp in a single layer on the prepared baking sheet. Generously coat with cooking spray.
3. Bake the shrimp until cooked through and browned on the bottom, 6 to 8 minutes.
4. Meanwhile, combine yogurt (or sour cream), chili sauce, hot sauce and the remaining $\frac{1}{4}$ teaspoon salt in a small bowl. Serve the shrimp with the dipping sauce.

SERVES 4: ABOUT 16 SHRIMP & 3 TBSP SAUCE EACH

Calories 231, Fat 2g (sat 1g), Cholesterol 207mg, Carbs 24g, Total sugars 10g (added 9g), Protein 26g, Fiber 0g, Sodium 582mg, Potassium 321mg

Vietnamese Shrimp & Mango Lettuce Wraps

ACTIVE: 35 MIN TOTAL: 35 MIN

Large, untorn butter lettuce leaves are best to roll up the super filling without breaking. If you use larger shrimp, chop them before cooking to make the wraps easier to eat.

- | | |
|---|---|
| 2 tablespoons lime juice | 1 tablespoon canola oil |
| 1 tablespoon fish sauce | 1 pound raw shrimp (30-40 count), peeled and deveined |
| 1 teaspoon brown sugar | 1 head butter lettuce, leaves separated |
| 1 small fresh red chile, thinly sliced, or to taste | $\frac{1}{2}$ cup fresh cilantro and/or mint leaves (torn if large) |
| $\frac{1}{2}$ cup julienned mango | |
| $\frac{1}{2}$ cup julienned carrot | |
| $\frac{1}{2}$ cup julienned daikon radish or regular radishes | |

1. Whisk lime juice, fish sauce, brown sugar and chile in a medium bowl. Add mango, carrot and radish; toss to coat.
2. Heat oil in a large nonstick skillet over medium heat. Cook shrimp, stirring once or twice, until just cooked through, 3 to 4 minutes.
3. Stir the shrimp into the mango mixture and let stand for 5 minutes. Serve in lettuce leaves, sprinkled with cilantro and/or mint.

SERVES 4: ABOUT 1 CUP SHRIMP MIXTURE & 3-4 LETTUCE LEAVES EACH

Calories 155, Fat 4g (sat 0g), Cholesterol 159mg, Carbs 9g, Total sugars 6g (added 1g), Protein 22g, Fiber 2g, Sodium 431mg, Potassium 517mg



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Shrimp Piccata with Zucchini Noodles

ACTIVE: 35 MIN TOTAL: 35 MIN

The tangy sauce of this Italian restaurant favorite is a natural with shrimp. Serving it over zucchini noodles (aka zoodles) keeps the dish summery and low-carb, but it's also delicious with whole-wheat spaghetti.

- | | |
|---|-------------------------------------|
| 5-6 medium zucchini (2¼-2½ pounds), trimmed | 1 cup low-sodium chicken broth |
| ½ teaspoon salt | 1 tablespoon cornstarch |
| 2 tablespoons butter | ⅓ cup white wine |
| 2 tablespoons extra-virgin olive oil, divided | ¼ cup lemon juice |
| 2 cloves garlic, minced | 3 tablespoons capers, rinsed |
| 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired | 2 tablespoons chopped fresh parsley |

1. Using a spiral vegetable slicer (see page 14) or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, heat butter and 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and cook, stirring, for 1 minute.
3. Whisk broth and cornstarch in a small bowl. Add to the shrimp along with wine, lemon juice and capers. Simmer, stirring occasionally, until the shrimp is just cooked through, 4 to 5 minutes. Remove from heat.
4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the zucchini noodles and gently toss until hot, about 3 minutes. Serve the shrimp and sauce over the zucchini noodles, sprinkled with parsley.

SERVES 4: 1 CUP ZUCCHINI & ABOUT ¾ CUP SAUCE EACH

Calories 280, Fat 15g (sat 5g), Cholesterol 174mg, Carbs 13g, Total sugars 6g (added 0g), Protein 24g, Fiber 3g, Sodium 516mg, Potassium 1,002mg



SHRIMP SKILLS

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Fennel & Shrimp Fra Diavolo

ACTIVE: 40 MIN TOTAL: 40 MIN

Sweet shrimp and fennel are just the thing to pair with this spicy, garlicky tomato sauce. If you're not a fan of heat, adjust the amount of crushed red pepper to taste.

- | | |
|---|---|
| 8 ounces whole-wheat penne | 1 teaspoon crushed red pepper |
| $\frac{1}{4}$ cup extra-virgin olive oil | $\frac{3}{4}$ teaspoon Italian seasoning |
| 1 small onion, sliced | $\frac{1}{2}$ teaspoon salt |
| 1 medium fennel bulb, cored and sliced, fronds chopped and reserved | $\frac{1}{4}$ teaspoon ground pepper |
| 4 large cloves garlic, grated or minced | 1 28-ounce can diced tomatoes |
| | 1 pound raw shrimp (21-25 count), peeled and deveined |

1. Bring a large pot of water to a boil. Add penne and cook according to package directions. Drain, return to the pot and cover to keep warm.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion and fennel and cook, stirring, until starting to soften, about 5 minutes. Add garlic, crushed red pepper, Italian seasoning, salt and pepper and cook for 1 minute more. Add tomatoes and their juice; bring to a simmer. Cook, stirring occasionally, for 10 minutes. Add shrimp and cook, stirring occasionally, until the shrimp is just cooked through, about 4 minutes.
3. Stir about $\frac{1}{2}$ cup of the tomato sauce into the pasta to lightly coat it. Divide among 4 pasta bowls and top with the remaining shrimp and sauce. Serve sprinkled with chopped fennel fronds, if desired.

SERVES 4: 1 CUP PASTA & $1\frac{1}{4}$ CUPS SAUCE EACH

Calories 467, Fat 16g (sat 2g), Cholesterol 159mg, Carbs 56g, Total sugars 7g (added 0g) Protein 31g, Fiber 9g, Sodium 728mg, Potassium 996mg



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S E E I T M A K E

Eggs with Edge

Pumped-up flavors make these little devils hip. Our secret to creamylicious eggs with fewer calories? Swapping half the full-fat mayo for nonfat Greek yogurt.

Master Recipe (top left)

Peel 12 hard-boiled eggs (see Tip, page 93) and halve lengthwise. Transfer the yolks to a food processor. Add $\frac{1}{4}$ cup each nonfat plain Greek yogurt and mayonnaise, 1 Tbsp. minced shallot, 2 tsp. Dijon mustard, 1 tsp. white-wine vinegar and $\frac{1}{4}$ tsp. each salt and pepper. Add FLAVORING (see variations, right) and process until smooth. Spoon or pipe about 1 Tbsp. of the filling into each egg half. Top with GARNISH.

SERVES 24: $\frac{1}{2}$ EGG EACH

Spicy Southwestern

Flavoring: 2 Tbsp. each chopped chipotle peppers in adobo (see Tip, page 93) & chopped canned green chiles
Garnish: 24 fresh cilantro leaves

Parmesan Capers

Flavoring: $\frac{1}{4}$ cup grated Parmesan cheese & 1 Tbsp. capers (rinsed)
Garnish: 4 grape tomatoes, sliced

Kimchi

Flavoring: 2 Tbsp. kimchi paste

Pineapple

Flavoring: 2 Tbsp. pineapple juice

Avocado

Flavoring: 2 Tbsp. avocado oil

For nutrition analyses, turn to the recipe index on page 94.

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**Cinco de Mayo is here.
But you don't need
that as an excuse to
fire up this Mexican
BBQ from chef
Roberto Santibañez.**

In the food stalls of Mexico City, cooks make magic with meat, fire and hot metal. The food coming off their grills is electrified by the heat of chiles and the acidity of lime juice.

Chef Roberto Santibañez grew up eating this food and shopping the markets of Mexico City. Today he lives in New York City, home of his Fonda restaurants. At work he spends days preparing pots full of pitch-black *mole negro*, the laborious sauce from Oaxaca, but when he entertains, he takes cues from the simple grilled street foods of Mexico City.

For steak, Santibañez makes a marinade with mild, flavorful guajillo chiles, garlic and cumin. He douses freshly grilled shrimp in a mixture of vinegar, spices, herbs and fresh chiles. The grill is also his tool for preparing anything-but-ordinary salsas. One starts with tangy tomatillos grilled until they are mellow with a hint of smokiness, while the other pairs the tropical sweetness of pineapple (caramelized over the fire) with the intoxicating perfumed heat of habanero chiles.

Grab a beer, start a fire, warm up some tortillas and get ready to party.

JJ GOODE is the co-author with Roberto Santibañez of *Tacos, Tortas and Tamales* and, with April Bloomfield, *A Girl and Her Pig*.



Roberto Santibañez (right) grills for friends on the patio of his restaurant Fonda in Brooklyn, New York.

PREP AHEAD PARTY

Since nearly everything on this menu can be made ahead, it leaves you free to, you know, actually enjoy the party.

See our tips inside!

GET YOUR



By
Roberto Santibañez
& JJ Goode

Photography by
Penny
De Los Santos

FESTIVALES



PREP AHEAD SALSAS

The flavors of these two salsas have a chance to fully develop when you make them the day before. On fiesta day, let them stand at room temp for about an hour to get the chill out before serving.

Grilled Tomatillo-Chipotle Salsa

Salsa de Tomatillo Asado con Chile Chipotle

ACTIVE: 30 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Hold at room temperature for up to 2 hours or refrigerate for up to 3 days.

Chinese lantern-like tomatillos are unassuming little fruits. Taste one

raw and it's slightly tart and kind of bland. But when roasted or grilled, its acidity becomes complex and tangy, almost like cooked plums. To vary the heat in this salsa, use 1 teaspoon of chipotle powder for mild and up to 3 for a little kick in the pants

- 2 pounds tomatillos (about 20), husks removed, rinsed
- 4 medium cloves garlic, finely chopped
- 1¼ teaspoons kosher salt
- 1-3 teaspoons chipotle chile powder (see *Tip*, page 93)

1. Preheat grill to medium.
2. Oil the grill rack (see *Tip*, page 57). Grill tomatillos, starting with the stem end down and turning once, until blackened on both sides and slightly deflated, 15 to 25 minutes total, depending on size. Let cool to room temperature, about 10 minutes.
3. Meanwhile, mash garlic and salt on a cutting board with a fork to form a paste.
4. Transfer the tomatillos to a food processor or blender. Pulse to a very coarse puree. Add the garlic paste and chile powder to taste; pulse once or twice to combine.

MAKES: 2 CUPS (¾-CUP SERVING)

Calories 39, Fat 1g (sat 0g), Cholesterol 0mg, Carbs 7g, Total sugars 5g (added 0g), Protein 1g, Fiber 2g, Sodium 182mg, Potassium 317mg

Bueno Cervezas

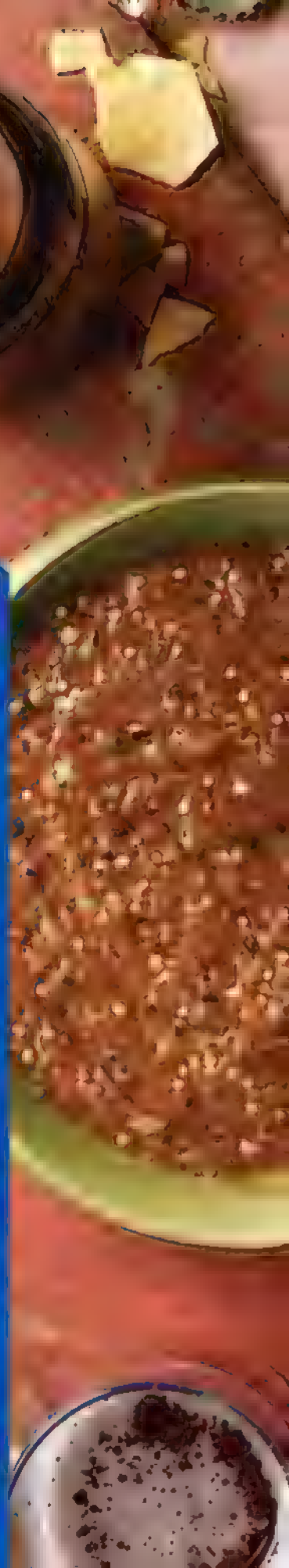
While we won't begrudge you an icy-cold Corona (with lime, of course), Mexican lagers aren't the only beers to enjoy with your south-of-the-border bash. Here are a few less-traditional choices to put on ice.

Beers with a touch of sweetness balance the heat and acidity common in Mexican cuisine. Hefeweizens, wits and wheat beers, such as **Franziskaner Weissbier** (\$4/500-ml bottle), are light yet full-flavored. Their characteristic banana and clove flavors dovetail well with **Garlic-Oregano Grilled Shrimp** (page 59).

If dark beers are more your style, look for a dark or black lager, like **New Belgium Brewing's 1554** (\$8/6-pack). They're lighter than they look, with roasty, malty notes that tame the heat of the **Chile-Marinaded Skirt Steak** (page 57).

Want something in between? Opt for a malty amber beer, like **Abita Amber** (\$8/6-pack), an easy drinker that goes well with just about anything on the menu.

Prefer something on the fruity side? Head to eatingwell.com/webextra for a collection of fiesta-worthy drinks.



Grilled Pineapple Salsa with Cucumber

Salsa de Pina Ajada con Pepino y Habanero

ACTIVE: 35 MIN. TOTAL: 45 MIN.

TO MAKE AHEAD: Hold at room temperature for up to 2 hours or refrigerate for up to 1 day. *Habanero chile gives this caramelized pineapple salsa a fiery, perfumed flavor. If you're looking for a little extra freshness, add jalapeños instead. A good substitute for habanero is Scotch bonnet pepper, which is similar in heat and flavor.*

- $\frac{1}{2}$ large fresh pineapple, peeled, or 1 prepeeled pineapple, cut into $\frac{1}{2}$ -inch-thick rounds
- 1 cup peeled, seeded and diced cucumber ($\frac{1}{4}$ -inch)
- $\frac{1}{2}$ cup finely chopped red onion
- $\frac{1}{2}$ cup coarsely chopped fresh cilantro, loosely packed
- $\frac{1}{4}$ cup fresh lime juice, or more to taste
- $\frac{1}{2}$ habanero chile (including seeds), minced, or more to taste
- $\frac{1}{2}$ teaspoon kosher salt

1. Preheat grill to medium.
2. Oil the grill rack (see *Tip*, page 57). Grill pineapple slices, turning once, until slightly charred on both sides, 12 to 15 minutes total. Let cool to room temperature, about 10 minutes.
3. Cut the pineapple into $\frac{1}{2}$ -inch dice, discarding the core if necessary. Combine in a large bowl with cucumber, onion, cilantro, lime juice, chile and salt. Serve at room temperature.

MAKES: 3 CUPS ($\frac{1}{4}$ -CUP SERVING)

Calories 15, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 4g, Total sugars 2g (added 0g), Protein 0g, Fiber 1g, Sodium 48mg, Potassium 60mg.

Honeydew Melon Agua Fresca

Agua de Melon Verde

ACTIVE: 20 MIN. TOTAL: 1 HR 20 MIN.

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

In Mexico City, where Santibañez is from, people like their agua frescas shockingly sweet. We've knocked back the sugar quite a bit. This refreshing drink is often a way that Mexicans use up their leftover fruit. Feel free to use this technique with whatever you have in your fridge, especially other melons and tropical fruits like pineapple and mango.

- 3 cups 1-inch honeydew chunks (from 1 large ripe melon, peeled)
- 4 cups water, divided
- $\frac{1}{2}$ cup fresh lime juice, or more to taste
- $\frac{1}{4}$ cup granulated sugar
- Ice for serving
- Lime slices for garnish

Working in batches if necessary, puree melon, 2 cups water, lime juice and sugar in a blender until smooth and the sugar has fully dissolved, about 45 seconds. Strain through a fine-mesh sieve into a pitcher. Add the remaining 2 cups water, stir well, and adjust the taste with more lime juice, if desired. Refrigerate for at least 1 hour and up to 1 day. To serve, stir well and pour into ice-filled glasses. Garnish with lime slices, if desired.

SERVES 8: ABOUT $\frac{3}{4}$ CUP EACH

Calories 50, Fat 0g (sat 0g), Cholesterol 0mg, Carbs 13g, Total sugars 12g (added 6g), Protein 0g, Fiber 1g, Sodium 15mg, Potassium 158mg



PREP AHEAD STEAK

Skirt steak is best when it has time to soak up the flavors of any seasonings. Make this toasted chile marinade up to 5 days ahead and rub it on the steak the day before the party. All that's left to do: grill and slice.



PREP AHEAD PEPPERS

Do a little pre-party multi-tasking: while the black beans are simmering (page 58), grill and peel the poblanos for this taco topping.

Roasted Poblano Chiles with Onion

Rajas

ACTIVE: 50 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days; bring to room temperature or reheat before serving.

In Roberto Santibañez's native Mexico, poblano chiles tend to be a little hotter than in the States, where the heat can vary. When making this dish if the spice doesn't rise to his standards he adds a little minced jalapeño or even a blast of ground black pepper when cooking the onions. Serve as a side or a taco topper.

12 medium fresh poblano chiles (about 2 pounds)

¼ cup canola oil

1 large white onion, thinly sliced

3 medium garlic cloves, finely chopped

½ teaspoon kosher salt

2 tablespoons Worcestershire sauce

Juice of 1 lime

1. Preheat grill to high.
2. Grill poblanos, turning occasionally, until blistered all over and slightly charred in spots, 10 to 15 minutes. Transfer to a large bowl, cover with plastic wrap and set aside for about 20 minutes to loosen the skins.
3. Peel the peppers with your fingers. (It's OK if a little skin is left behind. For the best flavor, don't rinse the peppers.) Cut them open lengthwise, remove the seeds, stem and white membrane, then thinly slice.
4. Heat oil in a large skillet over high heat until it shimmers. Add onion and cook, stirring occasionally, until wilted and beginning to brown at the edges, 8 to 12 minutes. Reduce heat to medium, add garlic and cook, stirring occasionally, until fragrant, about 30 seconds. Add the poblano strips and salt and cook, stirring occasionally, until hot, about 5 minutes more. Stir in Worcestershire and remove from heat. Drizzle lime juice over the top. Serve warm or at room temperature.

MAKES: ABOUT 3 CUPS (¼-CUP SERVING)

Calories 81, Fat 5g (sat 0g), Cholesterol 0mg, Carbs 9g, Total sugars 5g (added 0g), Protein 2g, Fiber 1g, Sodium 80mg, Potassium 305mg.

PREP AHEAD BEANS

A pot of black beans takes 1 to 2 hours to become tender, depending on how fresh your beans are. Make them up to 3 days ahead and then slowly reheat on the stovetop (thinning with a little broth or water as needed) about an hour before serving.

Mexican Black Beans

Frijoles Negros con Hoja de Aguacate

ACTIVE: 40 M N TOTAL: 2 ¼ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 3 days; reheat just before serving

Santibañez says the avocado leaves in these black beans add a flavor, reminiscent of anise, that is truly authentic Mexican. If you don't have a Latin market in your area you'll likely have to go online to get avocado leaves—but they're worth it. But even if you leave them out, you'll still have an awesome pot of black beans.

- | | |
|--|---|
| 1 pound dried black beans, picked over and rinsed | 2 teaspoons kosher salt |
| 2 large cloves garlic, peeled | ½ cup canola oil |
| 11 cups water or enough to cover the beans by about 2 inches | 1 small white onion, thinly sliced |
| | 2 large dried avocado leaves (optional) |

1. Combine beans, garlic and water in a large pot. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, stirring occasionally and adding more hot water if necessary to keep the beans just covered, until the beans are tender and creamy, 1 to 2 hours, depending on how fresh the beans are. Stir in salt. Remove from heat and let stand while you cook the onion.

2. Heat oil in a medium skillet over medium-high heat until shimmering. Add onion and cook, stirring occasionally, until starting to brown, 5 to 7 minutes. Reduce heat to medium-low and cook, stirring occasionally, until deep golden, 10 to 12 minutes more. Coarsely crumble avocado leaves (if using) into the pan and cook, stirring, until fragrant, about 30 seconds.

3. Puree 1 cup of the beans, ¼ cup of the cooking liquid and the onion mixture (oil and all) in a blender (Use caution when pureeing hot liquids.) Stir the blended mixture back into the beans. Swish a little more water around in the blender and add it to the beans too. Return to a simmer over medium heat and cook, stirring occasionally, until reheated, about 5 minutes.

SERVES 12: ABOUT ½ CUP EACH

Calories 204, Fat 10g (sat 1g), Cholesterol 0mg, Carbs 22g, Total sugars 0g (added 0g), Protein 8g, Fiber 8g, Sodium 194mg, Potassium 332mg.

STYLING: MINON ANDREWS/FOOD GRACE KNOPP PROPS



PREP AHEAD SHRIMP

You can make the marinade for these zesty shrimp a day or two ahead. Then about an hour before your guests arrive, pop the shrimp on the grill, then let them marinate as the party heats up.

Garlic-Oregano Grilled Shrimp

Camarones Asada en Escabeche

ACTIVE: 30 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Cover and refrigerate the marinade (Step 1) for up to 2 days; marinate grilled shrimp (Step 5) for up to 1 hour.

EQUIPMENT: Eight 12-inch skewers

Escabeche is a common preparation in Mexico, though it's probably of Spanish origin. Basically it's a way of quick pickling already-cooked food, not to preserve it but rather give it tons of bright flavor—and in this dish a bit of heat from the chiles as well.

- $\frac{1}{4}$ cup extra-virgin olive oil plus 1 tablespoon, divided
- 1 medium white onion, thinly sliced
- 1 teaspoon dried oregano, preferably Mexican
- 6 whole black peppercorns
- 2 dried bay leaves
- 1 teaspoon kosher salt, divided
- 2 tablespoons finely chopped fresh serrano or jalapeño peppers (including seeds)
- 3 medium cloves garlic, thinly sliced
- $\frac{1}{2}$ cup cider vinegar
- 32 raw shrimp (16-20 count; see “Count on Them,” page 43), peeled and deveined, tails left on if desired
- $\frac{1}{4}$ cup coarsely chopped fresh cilantro

1. Heat $\frac{1}{4}$ cup oil in a large skillet over medium-high heat until it shimmers. Add onion, oregano, peppercorns, bay leaves and $\frac{1}{2}$ teaspoon salt and cook, stirring occasionally, until the onion starts to wilt, 4 to 5 minutes. Add chiles and garlic and cook, stirring frequently, until the garlic is fragrant but not colored, 30 seconds to 1 minute. Remove from heat and stir in vinegar. Transfer to a shallow glass baking dish and let cool while you grill the shrimp.
 2. Preheat grill to medium-high.
 3. Pat shrimp dry. Toss in a bowl with the remaining 1 tablespoon oil and $\frac{1}{2}$ teaspoon salt. Thread the shrimp onto eight 12-inch skewers, leaving a little space between each one.
 4. Grill the shrimp, turning once, until just cooked through, 3 to 4 minutes total.
 5. Remove the shrimp from the skewers and add to the onion marinade, gently stirring to combine. Let marinate, stirring occasionally, for at least 20 minutes or up to 1 hour. Sprinkle with cilantro just before serving.
- SERVES 8:** 4 SHRIMP & 2 TBSP SAUCE EACH
Calories 184, Fat 9g (sat 1g), Cholesterol 179mg, Carbs 2g, Total sugars 1g (added 0g), Protein 23g, Fiber 0g, Sodium 274mg, Potassium 338mg.



BETTER BEAN SALADS

These recipes bring fresh, crisp, summery life to that staple of the potluck circuit—three-bean salad. Take one to your next party and you'll be bringing home an empty dish.

BY KATIE WEINSTEIN
PHOTOGRAPHY BY LEIGH BEISCH



Super-Green Edamame Salad

ACTIVE: 20 MIN TOTAL: 20 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

Avocado and spinach are blended right into the creamy, bright-green dressing. Pink beans are popular in the Caribbean—substitute pinto beans or light red kidney beans if you can't find them.

- | | |
|---|---|
| 2 12-ounce packages frozen shelled edamame, thawed | $\frac{1}{2}$ cup apple juice |
| 1 15-ounce can pink beans or pinto beans, rinsed | $\frac{1}{4}$ cup extra-virgin olive oil or avocado oil |
| 1 medium yellow bell pepper, finely diced | 3 tablespoons lemon juice |
| $\frac{1}{2}$ cup chopped fresh chives, plus more for garnish | 2 teaspoons reduced-sodium tamari or soy sauce |
| 2 cups packed baby spinach | $\frac{3}{4}$ teaspoon salt |
| 1 ripe avocado | $\frac{1}{4}$ teaspoon ground pepper |

1. Combine edamame, pink beans (or pinto beans), bell pepper and chives in a large bowl.

2. Combine spinach, avocado, apple juice, oil, lemon juice, tamari (or soy sauce), salt and pepper in a blender. Puree until smooth and creamy. Add the dressing to the bean mixture and stir to coat. Garnish with more chives, if desired. Serve at room temperature or cold.

SERVES 10: ABOUT $\frac{3}{4}$ CUP EACH

Calories 196, Fat 12g (sat 1g), Cholesterol 0mg, Carbs 15g, Total sugars 3g (added 0g), Protein 9g, Fiber 5g, Sodium 275mg, Potassium 526mg.

Whole food
flavors like
your favorite
such as garlic
and tangy
lemon juice.
Beans are full
spongy and
absorb the to
like a sponge.

Canned beans are super-convenient, but making beans from scratch gives you the best texture and flavor. Learn how to make your own on page 93.

White Bean Salad with Cheddar, Bacon & Walnuts

ACTIVE: 50 MIN TOTAL: 1½ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 1 day. Roasted garlic adds rich flavor to the dressing, while crunchy bell pepper and walnuts balance the creamy white beans.

- 2 whole heads garlic
- 1 teaspoon extra-virgin olive oil plus ½ cup, divided
- 2 tablespoons plus 1 teaspoon cider vinegar
- 2 teaspoons Dijon mustard
- ¾ teaspoon chopped fresh thyme or ¼ teaspoon dried
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 3 15-ounce cans navy or great northern beans, rinsed
- 4 slices bacon, cooked and crumbled
- 1 medium orange bell pepper, finely diced
- ½ cup chopped celery
- ½ cup chopped toasted walnuts
- ½ cup chopped fresh parsley
- ½ cup shredded sharp Cheddar cheese

1. Preheat oven to 350°F.

2. Remove excess papery skin from garlic heads without separating the cloves. Slice the tips off, exposing the cloves. Place the heads on a piece of foil, drizzle with 1 teaspoon oil and wrap into a package. Roast until the garlic is very soft and starting to brown, 55 to 65 minutes. Carefully unwrap and let cool for 10 minutes.

3. Squeeze the garlic cloves into a food processor or blender. Add the remaining ½ cup oil, vinegar, mustard, thyme, salt and pepper. Puree until smooth.

4. Combine beans, bacon, bell pepper, celery, walnuts and parsley in a large bowl. Add the dressing and toss to coat. Add cheese and gently stir to combine. Serve at room temperature or cold.

SERVES 10: ABOUT ¾ CUP EACH

Calories 264, Fat 16g (sat 3g), Cholesterol 9mg, Carbs 22g, Total sugars 2g (added 0g), Protein 9g, Fiber 8g, Sodium 311mg, Potassium 133mg.

BETTER
BEAN
SALADS

Better Three-Bean Salad

ACTIVE: 30 MIN TOTAL: 30 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 8 hours.

The classic three-bean salad gets a fresh spin with the addition of black soybeans, snap peas and a tarragon-infused dressing. Find black soybeans near other canned beans—they're a sweeter, creamier relative of the green ones you're probably familiar with.

- 2 cups yellow wax beans (about 8 ounces),
trimmed, cut into 1½-inch pieces
- 2 cups sugar snap peas (about 6 ounces),
trimmed, halved if desired
- ½ cup extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 teaspoons chopped fresh tarragon
or ¾ teaspoon dried
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 15-ounce can black soybeans or black beans, rinsed
- 1 15-ounce can chickpeas, rinsed
- 1 bunch scallions, very thinly sliced

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add wax beans and snap peas; cover and steam until crisp-tender, 4 to 5 minutes. Spread the vegetables out on a large baking sheet to cool.

2. Whisk oil, vinegar, mustard, honey, tarragon, salt and pepper in a large bowl. Add soybeans (or black beans), chickpeas, scallions and the cooled vegetables; toss to coat. Serve at room temperature or cold.

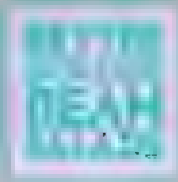
SERVES 10: ⅓ CUP EACH

Calories 189, Fat 12g (sat 2g), Cholesterol 0mg, Carbs 18g, Total sugars 3g (added 1g), Protein 4g, Fiber 5g, Sodium 338mg, Potassium 266mg.

Moroccan Kidney Bean
& Chickpea Salad

PAGE 69

**Adding texture
is key to creating
a great bean salad.
Crunchy vegetables,
nuts and fruit do the
trick deliciously.**



Apple & Ginger Lentil Salad

ACTIVE: 40 M N **TOTAL:** 2 HRS 40 MIN

TO MAKE AHEAD: Prepare through Step 2, cover and refrigerate for up to 1 day.

Apples and sunflower seeds add great texture to this salad. The dressing gets a tangy jolt from lime juice and ginger. Cut the apples into the smallest dice you can to match the size of the tiny lentils and sunflower seeds. Enjoy any leftovers in a whole-wheat pita with some crumbled goat cheese.

- | | |
|---|--|
| 2 cups French green lentils
(see Tip, below) | 1¼ teaspoons salt |
| ½ cup extra-virgin olive oil | ¼ teaspoon ground pepper |
| ½ cup lime juice | 1 Granny Smith apple, finely diced |
| 2 teaspoons grated fresh ginger | ½ cup chopped fresh cilantro |
| 2 teaspoons honey | ½ cup toasted unsalted sunflower seeds |

1. Place lentils in a large saucepan and cover with 2 inches of cold water. Bring to a simmer over high heat. Reduce heat and simmer until the lentils are just tender, 22 to 25 minutes. Drain well.

2. Meanwhile, whisk oil, lime juice, ginger, honey, salt and pepper in a large bowl. Add the hot lentils and stir until well coated. Refrigerate until cold, about 2 hours or up to 1 day.

3. Just before serving, stir in apple, cilantro and sunflower seeds. Serve at room temperature or cold.

SERVES 10: ¾ CUP EACH

Calories 286, Fat 15g (sat 2g), Cholesterol 0mg, Carbs 28g, Total sugars 5g (added 1g), Protein 11g, Fiber 10g, Sodium 294mg, Potassium 481mg.

The Bountiful Benefits of Beans

Beans are brimming with B vitamins, manganese and phosphorus. They're also jam-packed with fiber—and boosting the fiber in your diet could help you slim down. In fact, in a recent study, published in the *Annals of Internal Medicine*, obese women who increased their fiber intake to 30 grams a day—but made no other changes to their diet or exercise—lost nearly 5 pounds over the course of a year. Even better: other research shows that eating beans could help you live longer—as little as 20 grams a day (about ½ to ¾ cup) is beneficial, but the more the better.



For a twist, use green lentils instead of brown for salads. They hold their shape better and cook more quickly. Look for green lentils in natural foods stores and some supermarkets. Sort through them to check for small stones and rinse before using.



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Composed Bean Salad with Basil Vinaigrette

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate green beans (Step 1) and dressing (Step 2) in separate containers for up to 1 day.

Channel your inner food stylist while arranging the beans and vegetables for this show-stopping salad. (Photo: page 60.)

- | | |
|---|---|
| 2 cups green beans (about 8 ounces), trimmed | ½ teaspoon ground pepper |
| ½ cup fresh basil, plus 2 tablespoons chopped for garnish | 1 15-ounce can chickpeas, rinsed |
| 1 small shallot, quartered | 1 15-ounce can dark red kidney beans, rinsed |
| ¼ cup extra-virgin olive oil | 1 15-ounce can black beans, rinsed |
| 3 tablespoons red-wine vinegar | 1 15-ounce can cannellini or navy beans, rinsed |
| 2 teaspoons honey or agave syrup | 1 cup halved cherry tomatoes |
| 2 teaspoons Dijon mustard | ½ cup very thinly sliced radishes |
| ¼ teaspoon salt | |

1. Steam green beans in a large saucepan fitted with a steamer basket until crisp-tender, about 4 minutes. Spread them out to cool.

2. Meanwhile, combine ½ cup basil, shallot, oil, vinegar, honey (or agave), mustard, salt and pepper in a blender. Puree until smooth.

3. Arrange the green beans and remaining ingredients on a platter. Serve with the dressing. Garnish with the chopped basil, if desired.

SERVES 8: ABOUT 1 CUP EACH

Calories 246, Fat 8g (sat 1g), Cholesterol 0mg, Carbs 37g, Total sugars 4g (added 1g), Protein 10g, Fiber 11g, Sodium 423mg, Potassium 426mg.

BETTER BEAN SALADS

Moroccan Kidney Bean & Chickpea Salad

ACTIVE: 25 MIN **TOTAL:** 25 MIN

TO MAKE AHEAD: Omit mint, cover and refrigerate for up to 8 hours. Stir in mint just before serving.

The bold flavors of this dressing and the firm texture of the beans yield a salad that holds its own alongside grilled beef and lamb, yet is also a stellar meatless main when served with whole-wheat couscous. (Photo: page 65.)

- | | |
|---------------------------------|---|
| 1 small clove garlic, chopped | 2 15-ounce cans dark red kidney beans, rinsed |
| 1 teaspoon kosher salt, divided | 1 15-ounce can chickpeas, rinsed |
| ½ cup extra-virgin olive oil | 1 cup finely diced carrot |
| ¼ cup lemon juice | 1½ cups chopped fresh parsley |
| 2 tablespoons ground cumin | ½ cup chopped fresh mint |
| ¼ teaspoon ground cinnamon | |

Sprinkle garlic with ½ teaspoon salt and mash with the side of a knife or with a fork to form a paste. Scrape the paste into a large bowl. Add the remaining ½ teaspoon salt, oil, lemon juice, cumin and cinnamon and whisk to combine. Stir in kidney beans, chickpeas, carrot, parsley and mint. Serve at room temperature or cold.

SERVES 10: ABOUT ¾ CUP EACH

Calories 221, Fat 12g (sat 2g), Cholesterol 0mg, Carbs 22g, Total sugars 1g (added 0g), Protein 6g, Fiber 8g, Sodium 362mg, Potassium 372mg.

KATIE WEBSTER's new cookbook is *Maple: 100 Sweet and Savory Recipes Featuring Pure Maple Syrup* (Quirk Books, October 2015)

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[illegible]

HIDDEN IN WASHINGTON'S RUGGED MOUNTAINS,
A CAST OF CHARACTERS FORAGE FOR WILD MUSHROOMS.
COME INSIDE THEIR MAGICAL & LUCRATIVE KINGDOM.



My left boot is filled with water. Thorns the size of sewing needles decorate my right palm. The wilderness doesn't care. And neither does Jeremy Faber. The former chef turned wild-edibles impresario is apparently inured to such privations. "Cost of doing business," he says tersely. Sneaking into nature's secret pantry means being prepared to scale logjams the size of small gated communities and navigating thick groves of Jurassic-looking devil's club (named for its diabolic spines, currently embedded in my hand). Anticipation keeps us moving forward, fighting our way through Washington state's North Cascades... in pursuit of fungus.

Soon an emerald cathedral opens up, its buttresses formed by towering old-growth cedars and firs. Thin shafts of sunlight penetrate the canopy, illuminating a bright green mat of bunchberry and moss. The flute-like song of a hermit thrush echoes down from a hidden perch, and for a moment I've forgotten about the infernal buzz of mosquitoes following us through the bush. Faber pauses to take stock of his surroundings. A born New Yorker, he can seem brusque at times, but it's places like this that converted him into a full-time forager in the first place. Long-limbed, wiry and always on the move, he doesn't look his 39 years. Constant scrambling keeps him fit and youthful, if a bit on edge. "We're close," he tells me.

Up ahead I see a clearing. Hulking black trunks hollowed out by fire tell the story of a lightning strike. We enter the burn zone Faber stops, waits for me to notice. I rub the sweat out of my eyes and there they are, like

Woods

STORY AND LOCATION PHOTOGRAPHY

BY LANGDON COOK

RECIPES BY CATHY WHIMS



the answer to a riddle. Legions of plump morel mushrooms, upright and begging for discovery, stand at attention across the ash-covered slopes. For unknown reasons, the fungi flourish in the aftermath of wildfires. Some of them, with their honeycombed caps, are as big as grapefruit. Faber calls these hand grenades. “We’ve hit the mother lode,” he says, finally cracking a smile.

Only from Nature
Many cultivators have tried to farm morels but none has succeeded on a large scale. On a good day, Faber (above) and his foragers can collect several hundred pounds of morels that will make their way to chefs all over the country within just a few days.

AS OWNER AND CHIEF PROSPECTOR of Foraged and Found Edibles, a wild-foods supplier he launched from a Seattle garage in 2001, Faber is in the mountains a lot, rummaging through back-country cupboards—for huckleberries come summer or truffles in the fall. At this time of year, mid-May, everyone wants morels. Along with ramps and fiddleheads they evoke the riotous rebirth of spring. Their flavor has been called “smoky,” “loamy,” “earthy” and a host of other hard-to-pin-down adjectives. Really, language seems insufficient to explain a food that is neither meat nor plant yet has traits of both. For this reason, chefs around the world cherish morels for their intimation of the wild.

This presents both an opportunity and a problem for Faber. Foraged and Found Edibles ships morels and other mushrooms to restaurants all over the country, which means Faber needs to traffic in thousands of pounds weekly to keep an A-list of chefs happy, not an easy feat with such a fleeting, unpredictable commodity. Boston’s L’Espalier has paired them with Amish chicken slow poached and roasted with foie gras jus and New Jersey asparagus. At Cafe Juanita, in a suburb of Seattle, the mushrooms accompany a sweetbread fricassee with fava beans and pickled ramps.

While the morel is king in springtime, Foraged and Found delivers a revolving list of edible fungi throughout the year. No two species taste alike. (See our guide, page 78.) Summer brings chanterelles, slightly sweet and pretty with their golden hues, fall boasts the nutty fragrance of porcini and the spiciness of matsutake; and the mild winter yields the evocatively named black trumpet, hedgehog and yellowfoot. Gathering these fungi in the wild takes a good pair of “mushroom goggles”—the learned skill of picking out a specific shape in the seemingly infinite weave of forest carpet—and the ability to crack nature’s ephemeral codes, an understanding of microclimates, topography and vegetation. Not to mention some dumb luck. The rest is hard work.

(continued on page 75)

WILD MUSHROOM SOUP

ACTIVE: 45 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

This creamless but creamy mushroom soup showcases the savory deep forest flavor of fresh morels. It’s a riff on a recipe by Florence-based ex-pat Faith Willinger. The original soup uses porcini, which do grow wild in the Pacific Northwest but are much, much harder to find. Depending on the season, vary the type of mushroom—fresh chanterelles are a real treat.

- 12 ounces fresh morels, trimmed, or 1 ounce dried morels plus 12 ounces fresh cremini (baby bella) mushrooms
- 5 cups low-sodium chicken or vegetable broth, or as needed
- 2 tablespoons extra-virgin olive oil, plus more for garnish
- 1 medium carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 small onion, finely chopped
- 1 tablespoon finely chopped garlic
- ¼ cup Marsala (see Tip, opposite)
- 1 cup diced peeled potato
- 1½ teaspoons finely chopped fresh thyme
- 1½ teaspoons kosher salt
- ½ teaspoon crushed red pepper, or to taste
- Freshly ground pepper to taste
- ¼ cup coarsely chopped flat-leaf parsley

1. If using fresh morels, cut in half and briefly swish in a large bowl of tepid water. Drain and repeat to remove all the dirt. Gently but thoroughly pat dry, then coarsely chop. (If using dried morels, soak in 2 cups warm water for 30 minutes. Strain in a cheesecloth-lined sieve and reserve the soaking liquid. Add enough broth to the soaking liquid to equal 5 cups. Coarsely chop the morels and creminis.)

2. Heat oil in a large pot over medium heat. Add carrot, celery and onion; cover and cook, stirring occasionally, until the vegetables are tender, 8 to 10 minutes. Add garlic and cook, stirring frequently, for 30 seconds. Add Marsala and cook for 1 minute more.

3. Add the broth, the fresh mushrooms (and dried, if using), potato, thyme, salt and crushed red pepper. Bring to a boil. Reduce heat and simmer, uncovered, until the potato is tender, 15 to 20 minutes.

4. Puree the soup with an immersion blender or in a regular blender or food processor. Stir in pepper. Serve the soup garnished with parsley and a drizzle of oil, if desired.

SERVES 8: ¾ CUP EACH

Calories 108, Fat 5g (sat 1g), Cholesterol 0mg, Carbs 11g, Total sugars 2g (added 0g), Protein 5g, Fiber 2g, Sodium 276mg, Potassium 443mg

CATHY WHIMS is the James Beard Award-winning chef-owner of Nostrana in Portland, Oregon.

Mushrooms and Marsala (a fortified wine from Sicily) are often paired, as they are in this soup. Skip the "cooking Marsala" from the supermarket because it can be loaded with sodium. Instead, look for Marsala sold in your wine or liquor store. An opened bottle can be stored in a cool, dry place for months.

Mushrooms are neither meat nor plant but have traits of both.

WILD MUSHROOM PIZZA WITH ARUGULA & PECORINO

ACTIVE: 25 MIN TOTAL: 50 MIN

Make no mistake, this pizza is all about the mushrooms, lemon oil and arugula add just enough citrus and spiciness to accent without overwhelming. To that end, Sardinian or Tuscan Pecorino, both milder than Pecorino Romano, are called for but other mellow grating cheeses, such as Parmigiano Reggiano will work. As for the mushroom choice, hen of the woods are meaty and toothsome, but any mushroom tastes glorious on this pizza.

- | | |
|---|--|
| 3 tablespoons extra-virgin olive oil, divided | 4 ounces fresh mozzarella, thinly sliced and torn into ½-inch pieces |
| 4 cups trimmed and sliced mixed fresh wild mushrooms, such as hen of the woods (maitake) and chanterelles | 3 cups loosely packed arugula |
| 1 pound pizza dough, preferably whole-wheat | 1 tablespoon agrumato lemon oil (see Tip, opposite) |
| 2 cloves garlic, very thinly sliced | ¼ teaspoon kosher salt |
| | 3 tablespoons shaved Pecorino Sardo or Toscano cheese |

1. Place a pizza stone or large rimless baking sheet on the bottom rack and preheat oven to the highest temperature, preferably 500°F, for 30 minutes.
2. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat. Cook mushrooms, stirring occasionally, until beginning to brown, about 5 minutes. Remove from heat and set aside.
3. Roll dough on a floured surface into a 14-inch circle. Transfer to a floured pizza peel (or rimless baking sheet). Scatter garlic over the dough then sprinkle with mozzarella and half of the mushrooms (reserve the remaining mushrooms for Step 5). Drizzle the remaining 1 tablespoon olive oil over the pizza.
4. Carefully slide the pizza onto the preheated pizza stone or baking sheet. Bake until browned, 10 to 15 minutes. Transfer to a cutting board and cut into 4 pieces.
5. Toss arugula with agrumato lemon oil and salt. Top the pizza with the arugula, the reserved mushrooms and cheese. Serve immediately.

SERVES 4

Calories 495, Fat 28g (sat 6g), Cholesterol 26mg, Carbs 50g, Total sugars 4g (added 1g), Protein 17g, Fiber 4g, Sodium 610mg, Potassium 304mg

(continued on page 76)

WINE LIST

The meaty, earthy flavors of wild mushrooms are a natural pairing for Pinot Noir, especially from Oregon's Willamette Valley. Here are a few of our favorites:

Montinore Estate Pinot Noir
Willamette Valley, OR (\$19)

Maison L'Envoyé 'Two Messengers' Pinot Noir
Willamette Valley, OR (\$28)

J. Christopher Unfiltered Pinot Noir
Willamette Valley, OR (\$29)





Research Pays Off

Faber keeps track of forest fires—which may lead him to a substantial cache of morels—by reading small-town newspapers and tapping his sources in the forest service.



MY DAY IN THE WOODS with Jeremy Faber began well before dawn, when he picked me up in a '91 Astro van equipped with rear A/C to keep his products cool. Our destination was in his head—he didn't have GPS coordinates to guide us, just a rough knowledge of the thousand-acre wildfire that torched this mountainside the previous summer. Before stashing his van at the

end of a logging spur, Faber got out to examine the muddy forest road for tire marks and other traces of competitors.

As the largest legitimate all-cash business in America, the mostly invisible economy of mushroom foraging rewards gumshoe sleuthing and a willingness to work longer, harder and stealthier than the next guy. It also means large quantities of cold cash change hands in remote places. The recent boom of foraged foods has enticed a new wave of semi-itinerant pickers into the woods, a few of them with drug habits rather than children to support. Faber is careful to note unfamiliar rigs or faces on the roadside as he makes his rounds; he's had a knife pulled on him and doesn't intend to let that happen again.

As far as he could tell, this spot was totally off the radar—and he wanted to keep it that way. A quick scouting of the area revealed a nearby shaded creek (perfect for storing mushrooms during the heat of the day) and a small clearing where Faber could pitch a pup tent and set up a small fire ring. All day I followed him through the patch, giddy with expectations, lopping off morels with my knife and filling my bucket. As the hours wore on, though, my mind began to wander. A menu started forming in my head... *morel pâté on toast points, cream of morel soup, orecchiette with lamb ragù and morels*... "Bird-watching again?" Faber hollered at me from upslope, impatient with my slow progress. Speed and efficiency—not daydreams—determine his paycheck.

Near the top of an exposed ridge, Faber realized he had phone service. He made some quick calls, inviting trusted pickers to join him (at \$10 a pound for their labor). He planned to camp here for the next week, "cleaning the patch," as he put it, before moving on to the next stop in the never-ending treasure hunt. Tomorrow night he would haul the morels in his Astro van to be sorted and boxed by employees back at his Seattle warehouse. Within a day or two, those same mushrooms would land on dinner plates from coast to coast. For his part, Faber doesn't give much thought to how his products will be used. He prefers his morels cooked over a fire, his bed a bivouac on the forest floor. "I don't need much," he said at quitting time, his headlamp lighting our way back to camp. "The woods are enough."

LANGDON COOK is the author of *The Mushroom Hunters: On the Trail of an Underground America*. He lives in Seattle.



BAKED COD WITH MORELS

ACTIVE: 30 MIN **TOTAL:** 55 MIN

The deep umami flavors of mushrooms are a natural companion for fish. Here, sweet cod is a good balance for the intensely mushroomy morels. Other mushrooms to try: oyster or cremini.

- 8 ounces fresh morels, trimmed, or 4 ounces dried morels plus 4 ounces fresh cremini (baby bella) mushrooms
- 4 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon kosher salt, divided
- 3 cloves garlic, finely chopped
- $\frac{1}{2}$ cup coarsely chopped flat-leaf parsley
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 $\frac{1}{2}$ pounds Pacific cod (see *Tip*, page 93), cut into 4 portions
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup coarse dry breadcrumbs

1. Preheat oven to 400°F. Coat a 9 by-13-inch baking dish with cooking spray.
 2. If using fresh morels, briefly swish in a large bowl of tepid water. Drain and repeat as many times as needed to remove all the dirt. Gently but thoroughly pat dry; coarsely chop. (If using dried morels, soak in 2 cups warm water for 30 minutes. Strain in a cheesecloth-lined sieve and reserve the soaking liquid. Rinse to remove any remaining dirt and coarsely chop. Thinly slice creminis.)
 3. Heat 2 tablespoons oil in a medium skillet over medium heat. Add the fresh morels (or creminis) and $\frac{1}{4}$ teaspoon salt and cook, stirring occasionally, until browned, 5 to 7 minutes. Add garlic and cook, stirring, for 5 seconds. (If using dried mushrooms, stir them in along with the reserved soaking liquid, increase heat to high and boil until the liquid is mostly evaporated, about 8 minutes.) Remove from heat and stir in parsley and $\frac{1}{4}$ teaspoon each salt and pepper.
 4. Place fish in a single layer in the prepared baking dish and sprinkle with $\frac{1}{4}$ teaspoon each salt and pepper. Divide the mushroom mixture over the fish. Drizzle with lemon juice. Mix breadcrumbs and the remaining 2 tablespoons oil in a small bowl and sprinkle over the fish.
 5. Bake until the fish is just cooked through and the breadcrumbs are brown, about 20 minutes. Let rest for 5 minutes before serving.
- SERVES 4:** ABOUT 5 OZ. FISH & $\frac{3}{4}$ CUP MUSHROOMS EACH

Calories 279, Fat 15g (sat 2g), Cholesterol 67mg, Carbs 10g, Total sugars 1g (added 0g), Protein 25g, Fiber 2g, Sodium 358mg, Potassium 642mg.

(continued on page 78)

EDITOR'S PICK

"The Joie Mushroom Brush is soft so it doesn't rough up my mushrooms, but sturdy enough to remove any grit."
—Jim Romanoff,
Food Editor

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4 to 5 mint leaves	Blue Agave Nectar Syrup
2 to 3 tbsp fresh lime juice	

Instructions

Chop garlic, chives and mint leaves. Place all ingredients in bowl and mix with whisk. Allow marinade to sit 1/2 hour before using. Or, place all ingredients into food processor for 30 seconds. Makes about 3/4 cup.

Use with any white meat, such as fish, shrimp, scallops or chicken.

Discard any marinade that comes in contact with any raw meat.

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WILD MUSHROOM

6 POLENTA CASSEROLE

ACTIVE: 50 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare through Step 4, cover and refrigerate for up to 1 day. Uncovered, let stand at room temperature for 1 hour before finishing with Step 5.

For this cheesy polenta casserole, the choice of cheese is important as which wild mushroom you use. *Morels* and *hen of the woods* (maitake) mushrooms for a more "meaty" experience, *chanterelle* for mild, slightly fruity flavor. The recipe calls for Taleggio or fontina, both of which are rich, nutty cheeses, but you can also use a good-quality cheddar or cheese like Brie or even Gouda.

- | | |
|---|--|
| 2¾ cups water | ¾ cup dry white wine or low-sodium vegetable broth |
| 1½ cups medium- to coarse-ground yellow cornmeal (see Tip, page 93) | 1½ tablespoons chopped fresh rosemary |
| ½ teaspoon kosher salt | 1½ tablespoons chopped fresh sage |
| 2 tablespoons extra-virgin olive oil | ¼ teaspoon ground pepper |
| 1½ pounds mushrooms, preferably wild, trimmed and thickly sliced | 6 ounces Taleggio or fontina cheese, finely diced |
| 1 small red onion, finely chopped | ½ cup freshly grated Parmigiano-Reggiano cheese |

1. Bring water to a boil in a large pot. Gradually add cornmeal and salt. Reduce heat to medium and cook, stirring occasionally, until the polenta is very thick, about 10 minutes. Scrape onto a clean cutting board and let cool.

2. Preheat oven to 375°F. Coat an 8-inch baking dish with oil. Heat a large skillet over medium heat. Add mushrooms, stirring occasionally, until they start to brown, 12 to 15 minutes. Add onion and cook, stirring, until softened, 3 to 5 minutes. Stir in wine (or broth), rosemary, sage and pepper and cook for 1 minute. Remove from heat.

3. Cut the cooled polenta into 12 pieces about 1 inch wide. Arrange half the strips in the prepared dish. Top with half the mushroom mixture, half the Taleggio (or fontina) and half the Parmigiano-Reggiano. Top with the remaining polenta, mushroom mixture and cheese.

4. Bake until brown and bubbling, 40 to 45 minutes. Let cool for 10 minutes. Cut into 6 pieces to serve.

SERVES 6

Calories 336, Fat 17g (sat 7g), Cholesterol 39mg, Carbs 28g, Total sugars 2g (added 0g), Protein 16g, Fiber 5g, Sodium 460mg, Potassium 499mg.

MUSHROOM GUIDE

Fabulous Fungi

Look for these mushrooms—some fresh some dried—in specialty markets, farmers' markets and grocers like Whole Foods.



CHANTERELLES

Golden yellow with apricot aroma and peppery flavor



HEN OF THE WOODS (MAITAKE)

Firm and juicy caps with deep, rich flavor



LOBSTER

Bright orange mushroom looks and tastes like lobster



MATSUTAKE

Firm and chewy with peppery flavor



MORELS

Honeycombed caps have a meaty texture and nutty flavor. Dried are a good option (and even preferred by some cooks).



PORCINI

Thick, toothsome caps with rich, earthy flavor. Dried are a good option.

IMPORTANT PATIENT INFORMATION

AMITIZA® (ah-mah-TEE-zah)
(lubiprostone)
soft gelatin capsules

Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions:

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication.
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic, non-cancer pain (orange capsules, 24 mcg, twice daily). The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone).
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily).

It is not known if AMITIZA is safe and effective in children under 18 years of age.

Who should not take AMITIZA?

Do not take AMITIZA if:

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used in pregnancy if the potential benefit justifies the potential risks to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breast-feeding, and monitor infants for diarrhea.
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of important patient information for a complete list of ingredients.

What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women and should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus.
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems.
- cannot swallow a capsule.

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone).

How should I take AMITIZA?

AMITIZA is to be taken twice a day or as prescribed by your healthcare professional with food and water. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed.

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.



What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

Chronic Idiopathic Constipation

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

Opioid-induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea, taking AMITIZA with food and water may reduce symptoms of nausea. If nausea becomes severe, consult your healthcare professional. If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional. Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms.

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088.

How should I store AMITIZA?

Store AMITIZA at room temperature between 59° to 86°F (15° to 30°C) and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package.

General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327.

What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide.

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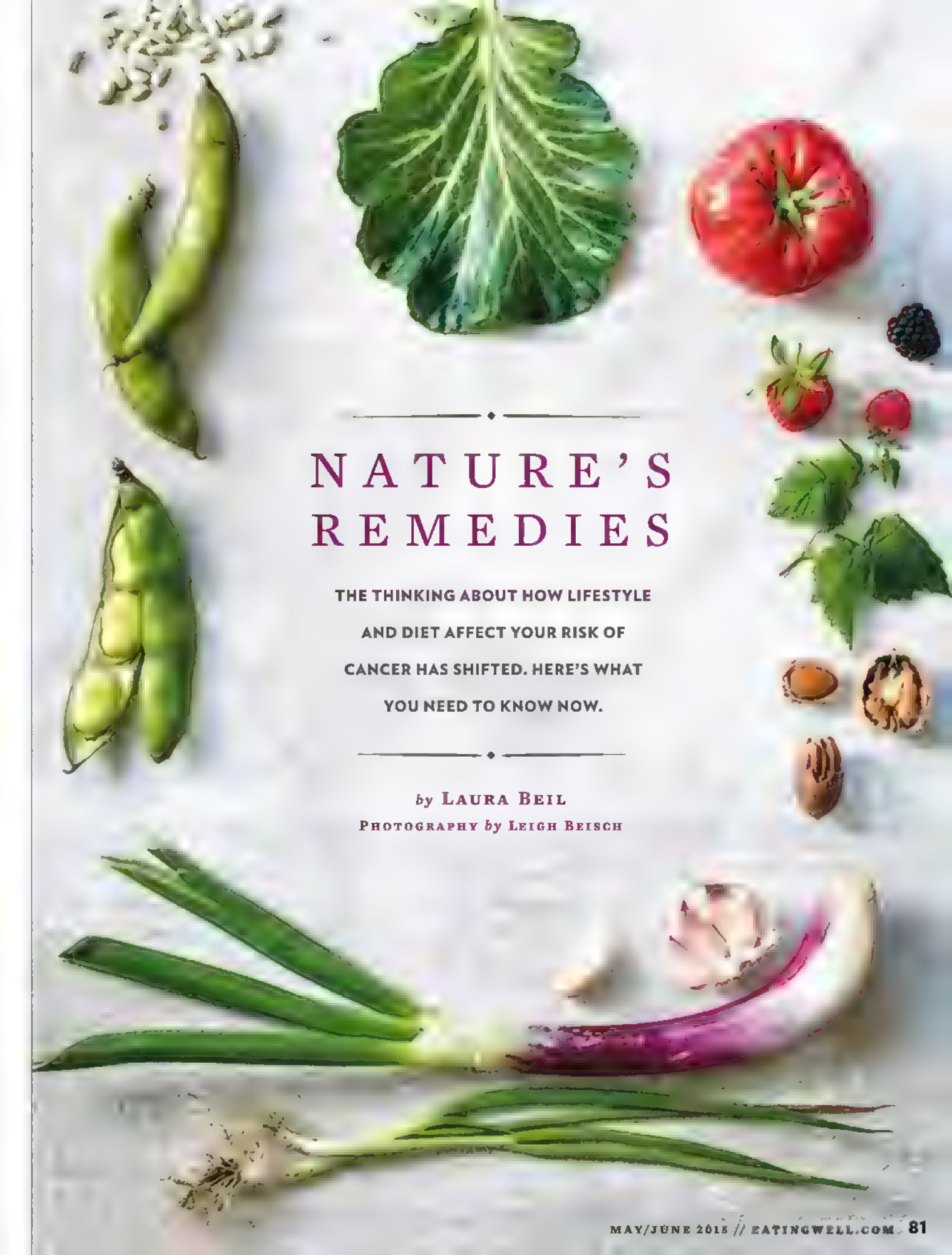
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NATURE'S REMEDIES

THE THINKING ABOUT HOW LIFESTYLE
AND DIET AFFECT YOUR RISK OF
CANCER HAS SHIFTED. HERE'S WHAT
YOU NEED TO KNOW NOW.

by **LAURA BEIL**

PHOTOGRAPHY by **LEIGH BEISCH**

This year, more than 1.6 million Americans will learn they have cancer. Researchers have been working for decades to bring that number down and—despite recent headlines about a study suggesting that a lot of cancer is just “bad luck”—the American Association for Cancer Research says at least half of all cancer deaths are, in fact, preventable if we don’t smoke, keep a normal weight, exercise, use sunscreen, eat a healthy diet, etc. Straightforward, right? If we only knew what an anti-cancer diet looked like.

A generation ago, eating fruits and vegetables seemed like the answer, with estimates that they might lower your risk of 78 percent of all cancers. At one point, experts at the National Institutes of Health confirmed that the multimillion-dollar 5-A-Day campaign encouraging eating fruits and veggies to fight cancer and other chronic diseases was backed by a “diverse and convincing body of evidence.” Now there’s evidence that is more diverse—and less convincing.

The Nurses Health Study and the Health Professionals Study, which combined followed over 100,000 men and women for more than a decade, reported in 2004 that fruit and vegetable consumption did not affect cancer risk. That was followed by similar findings from Greece and Japan. And finally, a 2010 analysis of 500,000 Europeans had results so disheartening that some skeptics went so far as to declare the 5-a-day “promise” simply a myth perpetuated by the produce industry.

So, should we pass the bacon cheeseburgers and ditch broccoli and salads?

Well, no. Rather than negating the value of veggies, the underlying message is: you can’t count on easy, singular solutions. Just like the disease itself, diet advice is complicated. When it comes to cancer prevention, “we may never fully understand all the individual components that make up a healthy diet,” says Carrie R. Daniel, Ph.D., M.P.H., of the University of Texas MD Anderson Cancer Center. “It’s incredibly complex.”

While experts still say plants are a major part of an overall pattern of eating that your body prefers, they now recognize

that what you’re *not* having when you help yourself to broccoli may be as important as eating the vegetable itself. “People who are eating fruits and vegetables are eating less of something else, often animal products,” says Gary Fraser, Ph.D., of Loma Linda University, whose research has found that vegetarians are less likely to develop cancer, for reasons that aren’t fully understood. Data published in March in *JAMA Internal Medicine* shows vegetarians have a 22 percent lower risk of colorectal cancer (one of the most common malignancies). The study is part of ongoing research following more than 77,000 Seventh-Day Adventists.

THE RESEARCH ISN'T BLACK & WHITE

The enthusiasm of the early days—when we heard you could cancer-proof yourself with produce—arose largely from studies comparing the diets of people who had cancer with the diets of people who didn’t. Problem is, these studies can be biased because volunteers who don’t have cancer tend to be health-conscious (and eat more veggies).

Other tantalizing clues helped back up the initial findings that fruits and vegetables are protective. Take breast cancer Japanese women who move to the United States tend to approach the higher risk level of their adopted home, suggesting that something about their new diet and lifestyle makes a big difference.

Newer studies (the ones that found little, if any, protection through produce on overall cancer risk) are stronger evidence because they started with a group of people with no illness, noting who developed cancer and who didn’t, and seeing how their diets matched up. These so-called prospective studies take longer, but are seen as more powerful because participants aren’t potentially biased coming in. But that type of study has drawbacks too. Researchers ask people to report total consumption of fruits and vegetables (but don’t record much detail about which types of produce they eat). And the studies usually look at the occurrence of all cancers bundled together, so protection from any one particular kind of food against a particular cancer gets lost in the background. For example, if tomatoes really do guard against prostate cancer, bundling them with every other kind of produce and prostate with every other kind of cancer masks the correlation. Pooling data like that might also dilute areas where

benefit may be stronger. “If you lump all cancers together, you get weaker evidence for any individual one,” says Alice Bender, M.S., R.D.N., of the American Institute for Cancer Research.

WHAT NOT TO EAT

Further, studies face limitations factoring out

the effects of what you’re *not* eating. People who eat little red and processed meat, and replace that space on their plates with fiber-rich plant foods (beans, broccoli, whole fruit, etc.), could cut their colorectal cancer risk by as much as 50 percent.

Investigate further and you’ll find the harm may not come from just the meat itself, but how it’s prepared, says Daniel. The smoke from meat on a barbecue has some of the same carcinogens as cigarettes and car exhaust, she says, and those compounds can work their way into your food and then your body. Char your rib-eye or singe it in the

(continued on page 88)

Cancer Protection à la carte

ALTHOUGH YOUR OVERALL DIET IS MORE IMPORTANT THAN EATING A QUOTA OF FRUITS AND VEGETABLES, RESEARCH SHOWS THESE FOODS (ON PAGES 83-88) MAY BE PARTICULARLY POTENT WHEN IT COMES TO CANCER PREVENTION.



Berries

Berries get their rich color from compounds called anthocyanins, which act as potent antioxidants in the body and shield cells from damage. Berries also contain ellagic acid and vitamin C. In laboratory studies, these compounds appear to stymie the growth of a long list of tumors, including those of the breast, cervix, skin, lungs and digestive tract. In one study, researchers from Georgetown University School of Medicine incorporated black raspberries into the diet of mice with breast

cancer, and found that, after six months, their tumors were 70 percent smaller than those of mice on the control diet. People are not mice, of course, but promising findings like this have led to human studies with berry compounds. In one report last year, volunteers who ate blueberry powder daily (the equivalent of 12/3 cups fresh blueberries) for six weeks experienced rises in natural killer cells, an immune system component involved in fighting cancer

- 1) Toss strawberries into a watercress or arugula salad.
- 2) Simmer blackberries or raspberries with a splash of water until they begin to break down. Swirl into plain yogurt.
- 3) Make a relish with chopped blueberries, orange zest, shallot and jalapeño. Serve with pork chops or fish.

Cruciferous vegetables

Broccoli has long been a star in the cancer-prevention world, dating back to studies two decades ago that found an association between eating cruciferous vegetables and a lower risk of cancer. Further research found high amounts of potentially anti-cancer compounds in broccoli and broccoli sprouts. Crucifers—which include other members of the cabbage family, like cauliflower, Brussels sprouts and kale—have a complex chemical composition, so it's unclear what in particular is giving them their cancer-fighting power. They are rich in potassium, folate, vitamin C and a cocktail of phytochemicals, all of which might help. Lab studies suggest sulforaphane, a compound particularly abundant in broccoli, might make cells less susceptible to carcinogens (though frozen broccoli lacks this chemical).

Despite the numerous potentially cancer-killing compounds, studies in people haven't consistently found protection. But a 2013 analysis in the *Annals of Oncology* found that people who ate the most crucifers lowered their colon cancer risk by 18 percent compared with those who ate the least. Other studies have also seen reductions in risk for prostate and lung cancer.

- 
- 1 Sauté chopped broccoli and thin slices of garlic in extra-virgin olive oil. Serve sprinkled with Pecorino Romano cheese.
 - 2 Add kale to a smoothie made with frozen banana, apple, pineapple and plain yogurt.
 - 3 Serve shredded cabbage instead of lettuce as a taco topper.



Legumes

Beans are loaded with fiber and protein, which could help you feel full on fewer calories and, thus, lower your risk of obesity (and therefore cancer risk). Their fiber content feeds the healthy bacteria in the intestine and keep the cells lining the digestive tract healthy, minimizing cancer risk. They also contain folate associated with reduced risk of colorectal, breast and other cancers. Whatever the reason, regularly eating legumes can be powerful, especially on cancers of the digestive system in one study out of Loma Linda University, people who ate legumes at least three times a week cut their risk of colon cancer by 33 percent.

1 *Make a creamy dip in your food processor with rinsed canned beans, extra-virgin olive oil, salt, pepper and dried herbs, such as thyme.*

2 *Toss drained chickpeas with corn oil and your choice of spice blend. Bake at 400°F until crispy and golden, stirring once or twice, 30 to 40 minutes.*

3 *Swap canned beans for half the ground beef to lighten up a meaty chili.*

Red and pink produce

Tomatoes get their ruddy color from lycopene, which also makes grapefruit, watermelon and papaya pink. In animal studies, lycopene has been shown to protect against prostate and colorectal cancer. Though studies have been provocative, they have not been consistent in people. One of the latest studies, published last year in *Cancer Epidemiology, Biomarkers & Prevention*, reported that men who ate 10 servings of tomatoes a week (compared with men who seldom ate them) had an 18 percent lower risk of developing prostate cancer. Here's a twist for pasta lovers: go for the sauce, because studies suggest that eating cooked tomatoes may result in higher blood levels of lycopene than noshing on raw tomatoes or drinking tomato juice (cooking perhaps makes the compound more easily absorbed).

1 Dice watermelon, red onion and tomato; toss with basil, feta cheese and lemon juice to make a salsa.

2 Slow-roast halved plum tomatoes at 300°F for 2 hours. Serve, chopped, on toast as bruschetta.

3 Squeeze lime over sliced papaya. Sprinkle with chili powder and salt.



Allium vegetables

Pungent vegetables in this class include onions, leeks and chives, but garlic has been the standout for cancer protection. A review published last year in the journal *Cancer Prevention Research* concluded that the strongest evidence of cancer defense is for onions and garlic against digestive tract cancers—and other research suggests garlic lovers are less likely to develop pancreatic and breast tumors. However, there is not yet enough evidence to say exactly how much you need to eat to lower your cancer risk. And despite claims either way, research has not concluded whether eating garlic raw or cooked is best for fighting cancer.

- 1 Mash garlic and salt together and whisk into a vinaigrette.
- 2 Snip chives or scallions into scrambled eggs.
- 3 Caramelize onions until soft and golden and use as a topping for sandwiches or pizza.

Nuts

One of the largest studies to look at the protective effects of eating nuts was published in November 2013 in the *New England Journal of Medicine*: those who ate 1 ounce of nuts at least five times a week were 11 percent less likely to die from any kind of cancer. Of particular interest are walnuts, which have been shown in animal studies to impede the growth of tumor cells. For example, one study in the journal *Nutrition* found walnuts inhibited the growth of colorectal cancer in mice. The reasons for the protective effects of nuts are still being studied, but researchers point to a number of compounds that appear to slow cancer, including resveratrol, ellagitannins, ana-

- 
1. Add chopped almonds or walnuts to chicken or tuna salad.
 2. Grind almonds or pecans into crumbs in a food processor; use as "breading" for chicken cutlets.
 3. Make chocolate bark: Melt dark chocolate, stir in your favorite nuts and spread on wax paper; chill until cold. Break into bite-size pieces.

(continued from page 82)

broiler, and that crispy crust likely contains heterocyclic amines and polycyclic aromatic hydrocarbons, carcinogens formed when meat is exposed to high temperatures. Curing, which preserves about one-quarter of the meat Americans buy each year, may also be problematic. Processed meats have been linked to a 20 to 50 percent greater risk of colorectal cancer, says a report in *Nutrition and Cancer*, perhaps because they contain more fat and potentially harmful additives like nitrites and nitrates (see page 16).

Alcohol and sugar also make the list of potentially cancer-causing foods. Women who binge-drink regularly or have more than two drinks a day are thought to raise their risk of breast cancer. Among men, the evidence is less strong, but health experts still advise men not to have more than two drinks a day. That said, it is also true that people who drink a little bit of alcohol have a lower overall risk of some cancers than teetotalers. As for sugar, it's not clear yet if the problem is the sweet stuff itself—and therefore the body's insulin response—or the extra body fat (which can disrupt hormones, potentially upping cancer risk) that can come from eating too much sugar.

Obesity raises the risk of many cancers, for some, like endometrial and esophageal cancers, perhaps as many as 40 percent of cases are attributed to higher body weight. This explains partly why exercise may be beneficial in preventing cancer. But the benefits of exercise go beyond weight control, as physical activity also boosts the immune system and helps regulate certain hormones to healthy production levels.

None of this, however, means certain foods should be forbidden. As usual, moderation rules. "We need to think of filling most of our plate with plant foods," Bender says. "Get those colors in there."

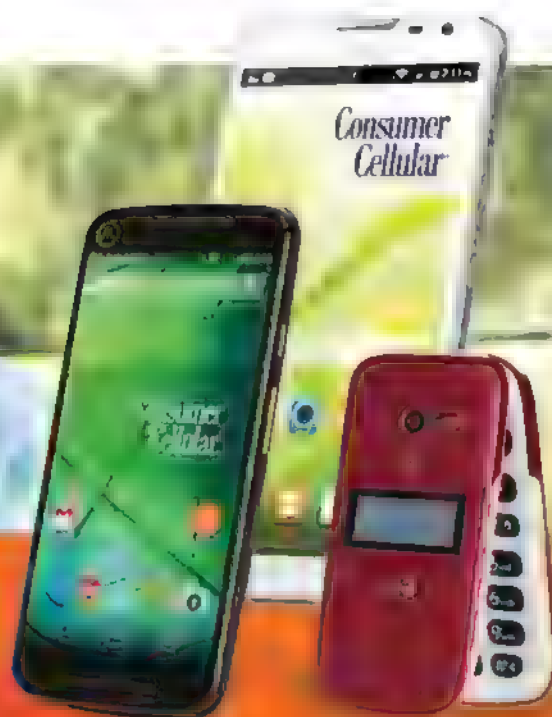
It's also important to remember that cancer isn't the only threat against good health. There's plenty of evidence that eating a healthier diet lowers your risk of heart disease, diabetes, stroke and obesity. So dig into a bowl of blueberries and oatmeal and you'll be less hungry for a blueberry muffin (denser on calories and sugar, lighter on fiber and vitamins). "When you start making good choices, you're not as hungry for the bad choices," Daniel says. 🍌

LAURA BEIL is an independent journalist who writes about health and science. She lives near Dallas.

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Consumer Cellular plans don't require contracts—you can upgrade, change, or cancel your plan at any time, for any reason. With Consumer Cellular you are in control.

GREAT VALUE

Get a low, flat rate with dependable nationwide coverage. You choose the talk, text and data plans that best fit your needs with the freedom to change them as often as you like.

100% RISK-FREE GUARANTEE

If you're not satisfied within the first 30 days, 300 minutes, 300 texts or 300MB of data, whichever comes first, cancel and pay nothing, no questions asked.

FREE ACTIVATION

Activation is free for any new phone or SIM card—a \$35 value. Consumer Cellular can even transfer your existing phone number for you at no extra cost.

A VARIETY OF PHONES

From simple phones featuring large, bright screens and big buttons, to top-of-the-line smartphones, we have options to fit any lifestyle. Or you can use any Consumer Cellular compatible phone, we'll even ship you a SIM card for free.

FAMILY PLANS

Conveniently share minutes, messages and data with family for only \$10 per month, per additional line.

AARP MEMBER BENEFITS

Consumer Cellular was selected as the exclusive wireless provider for AARP members because we meet the high-level of service and quality standards of AARP.

- ✓ 5% discount every month on service and usage charges
- ✓ 30% discount on accessories
- ✓ **Plus** a 50% longer risk-free period



Member Advantages

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PROMOT ON

EatingWell READER *Round* TABLE

JOIN THE EATINGWELL READER ROUNDTABLE

and have your voice heard

REMARK

on relevant food
and health trends

SAMPLE

new products and recipes

RECEIVE

exclusive invites and gifts

SHARE

your opinions with editors
and fellow food enthusiasts

JOIN US
AT THE *Table*

EatingWell.com/ReaderRoundtable

Get all the flavor using half the butter by browning it first

Unbleached Blondies

Our whole-grain blondies have half the amount of brown sugar and butter as a classic recipe and are made with 100% whole-wheat flour. The result: scrumptious toffee-flavored treats with 50 fewer calories and 30% less added sugars per serving.

Don't dirty another bowl—mix the ingredients right into the pot after you brown the butter.



**To Cut
Perfect Bars**
Grab the overhanging
parchment or foil and
transfer the whole batch
to a cutting board,
then cut into bars.

Whole-Grain Blondies Master Recipe

ACTIVE: 20 MIN **TOTAL:** 2 HRS 40 MIN

TO MAKE AHEAD: Cover and store airtight for up to 3 days; freeze for up to 3 months.

This master recipe makes a batch of unadorned blondies. For a classic taste, fold in pecans and chocolate chips, or have fun experimenting with new blondie flavors like coconut-almond, hazelnut-esspresso or even bacon date.

- 8 tablespoons unsalted butter (1 stick)
- 1 cup packed light brown sugar
- 1½ cups white whole-wheat flour (see *Tip*, opposite)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 large eggs, lightly beaten
- 2 tablespoons vanilla extract
- ADD-INS** (choose a variation, below)

1. Preheat oven to 350°F. Line a 9 by 13-inch baking pan with parchment paper or foil, allowing it to slightly overhang opposite edges. Coat with cooking spray

2. Melt butter in a large saucepan over medium heat. Cook, swirling often, until fragrant and starting to brown, 4 to 5 minutes. Remove from heat. Whisk in brown sugar; let cool for 15 minutes.

3. Whisk flour, baking powder and salt in a medium bowl.

4. Whisk eggs and vanilla into the cooled butter mixture until well combined. Add the flour mixture in 2 additions, gently folding until just combined. Reserve 2 tablespoons of each ADD-IN; fold the rest into the batter. Evenly spread the batter into the prepared pan. Sprinkle the reserved add-ins on top.

5. Bake the blondies until light brown around the edges, 18 to 22 minutes. They will appear slightly underbaked in the center, but will firm up as they cool. Let cool completely in the pan on a wire rack, about 2 hours. Cut into 24 bars.

SERVES 24: 1 BLONDIE EACH

For nutrition analyses, turn to the recipe index on page 94.

1 PB & J

- ¾ cup salted roasted peanuts, coarsely chopped
- ½ cup strawberry all-fruit preserves

2 BACON-DATE

- ⅔ cup coarsely chopped cooked bacon
- ⅔ cup chopped pitted dates

3 COCONUT-ALMOND

- ¾ cup sweetened coconut flakes
- ¾ cup toasted sliced almonds

HAZELNUT-ESPRESSO

- ¾ cup toasted hazelnuts, chopped
- ⅔ cup coarsely chopped chocolate-covered espresso beans

PRETZEL & WHITE CHOCOLATE

- ¾ cup coarsely chopped thin pretzel sticks
- ¾ cup white chocolate chips

PECAN-CHOCOLATE CHIP

- ¾ cup toasted pecans, chopped
- ¾ cup semisweet or bittersweet chocolate chips



Balsamic vinegar (page 40) is balsamic vinegar that's cooked until it's very thick. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself: Boil 1 cup balsamic vinegar in a small saucepan over medium-high heat until syrupy and reduced to about ¼ cup, 10 to 14 minutes.

Try **homemade beans** instead of canned (pages 60-69): Start with 1 pound of any type of dry beans and rinse well. **Soak:** Place in a large bowl and cover with 2 inches of cold water. Let soak at least 8 hours or overnight. (If you're in a hurry, put the beans in a pot and cover with 2 inches of water; bring to boil, boil for 2 minutes. Remove from heat and let stand covered, for 1 hour) **Cook:** Drain the beans, transfer to a large pot and cover with 3 inches cold water. Bring to a boil, skimming off any foam. Reduce heat to a gentle simmer; cook, stirring occasionally, until the beans are tender, 30 minutes to 2 hours. (Cooking time varies depending on the type and age of the bean; start checking tenderness at 30 minutes.) **Salt:** Wait until the beans are almost tender to add salt; adding it too early can prevent beans from softening. (Use about 1 teaspoon salt per

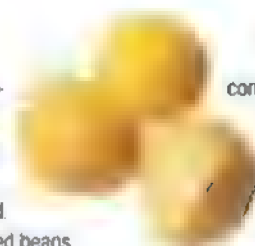
pound of beans.) **Store:** Refrigerate beans in their cooking liquid for up to 1 week or freeze for up to 3 months. **Yield:** 1 pound dry beans makes 5 to 6 cups cooked. **Swap:** Use about 1½ cups cooked beans in place of one 15-ounce can of beans.

Chipotle peppers are dried, smoked jalapeño peppers. They're available in different forms, including packed in adobo sauce and ground. Look for chipotle peppers in adobo sauce (page 50) in small cans near other Mexican ingredients. Once opened, refrigerate for up to 2 weeks or freeze for up to 6 months. Look for ground chipotle chile powder (page 54) with other specialty spices in large supermarkets.



Our favorite **cod** (page 76) is U.S. Pacific cod from Alaskan waters; other West Coast cod and some Atlantic cod (sometimes called scrod) can also be sustainable choices. For the most up-to-date information about choosing sustainable seafood, visit seafoodwatch.org.

Any type of **cornmeal** (page 78) can be used for polenta, but we like medium- or coarse-ground



cornmeal for its great texture. It's usually labeled "cornmeal," but some brands are labeled "polenta." Look for it near whole-grain flours. Store it airtight in the freezer.

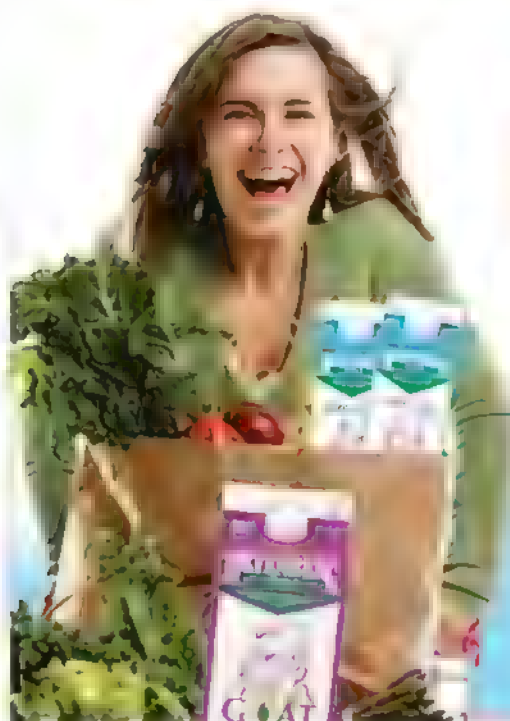
Chile paste (gochujang or kochujang; page 50) is a fermented spicy condiment made from red chiles, soybeans and salt. Find it in Korean markets, some large supermarkets and natural-foods stores.

For perfect **hard-boiled eggs** (page 50): Place eggs in a single layer in a large saucepan; cover with 2 inches water. Bring to a simmer over medium-high heat. Reduce heat; cook at the barest simmer for 10 minutes. Pour out the hot water and cover the eggs with ice-cold water. Let cool before peeling.

Try **white whole-wheat flour** (pages 40, 92) in place of all-purpose flour in baked goods. It's made from hard white wheat berries, which makes it lighter in color and flavor than regular whole-wheat flour, but with the same nutritional properties. Look for it near other whole-grain flours. For the best flavor, store it airtight in the freezer. 🌾

Bag some goat milk. Nutritious & delicious!

EASY TO DIGEST • GLUTEN FREE • NO PRESERVATIVES • HIGH IN CALCIUM



Natural milk alternative for cow or soy milk sensitivity • More vitamins A & B • Our goat farmers promise not to use growth hormones (rBST) • In Fresh, Evaporated, Whole & Non-Fat Powdered at leading natural food and grocery stores nationwide & on-line! • Learn more @ www.meyenberg.com • 1-800-343-1185

*No significant difference has been shown in cows treated with the artificial growth hormone rBST and non-rBST treated cows.

RECIPE & NUTRITION INDEX

45 MIN OR LESS

BUDGET

CALORIES

FA/SAT (g)

CARBS (g)

FIBER (g)

SODIUM (mg)

LOW CAL

HEART-HEALTHY

VEGAN

GLUTEN-FREE

DAILY VALUE (15%+)

FOLATE

IRON

VITAMIN A

VITAMIN B₂

VITAMIN C

BREAKFAST

38	Strawberry Banana Protein Smoothie	■	359	14.2	46	10	85	■	■	■	■	24	26	19	220
38	Strawberry Fruit Salad	■	70	1.0	17	4	3	■	■	■	■				127

DRINKS & BEVERAGES

50	Buffalo Deviled Eggs	■	51	4.1	1	0	100		■	■	■				
50	Classic Deviled Eggs	■	51	3.1	1	0	84		■	■	■				
55	Honeydew Melon Agua Fresca		50	0.0	13	1	15		■	■	■				24
50	Kimchi Deviled Eggs	■	51	3.1	1	0	93		■	■	■				
50	Parmesan Caper Deviled Eggs	■	54	4.1	1	0	96		■	■	■				
50	Spicy Southwestern Deviled Eggs	■	51	4.1	1	0	88		■	■	■				
40	Strawberry & Brie Bites	■	28	2.1	1	0	45		■	■	■				

66	Apple & Ginger Lentil Salad	■	286	15.2	28	10	294	■	■	■	■	55	23		
64	Better Three Bean Salad	■	189	12.2	18	5	338	■	■	■	■				22
69	Composed Bean Salad with Basil Vinaigrette	■	246	8.1	37	11	423	■	■	■	■	23			17
58	Mexican Black Beans	■	204	10.1	22	8	194	■	■	■	■	34			
69	Moroccan Kidney Bean & Chickpea Salad	■	221	12.2	22	8	362	■	■	■	■	21	16	62	30
57	Roasted Pobano Chiles with Onion		81	5.0	9	1	80	■	■	■	■			18	310
62	Super Green Edamame Salad	■	196	12.1	15	5	275	■	■	■	■	58			58
63	White Bean Salad with Cheddar Bacon & Walnuts	■	264	16.3	22	8	31		■	■	■				47
72	Wild Mushroom Soup		108	5.1	11	2	276	■	■	■	■	32	29		

VEGETARIAN MAIN DISHES

30	Vegetarian Muffaletta	■	380	18.6	39	5	924		■	■	■	29	25	15	33	101
78	Wild Mushroom & Polenta Casserole	■	336	17.7	28	5	460	■	■	■	■	29	83			
74	Wild Mushroom Pizza with Arugula & Pecorino		495	28.6	50	4	610		■	■	■	22				

SEAFOOD

76	Baked Cod with Morels	■	279	15.2	0	2	358	■	■	■	■		44	46	22
44	Baked Popcorn Shrimp with Sweet Chili Sauce	■	231	2.1	24	0	582	■	■	■	■				
49	Fennel & Shrimp Fra Diavolo	■	467	16.2	56	9	728		■	■	■	19	26		47
59	Garlic-Oregano Grilled Shrimp		184	9.1	2	0	274	■	■	■	■				
46	Shrimp Piccata with Zucchini Noodles	■	280	15.5	13	3	516	■	■	■	■	17		17	88
44	Vietnamese Shrimp & Mango Lettuce Wraps	■	155	4.0	9	2	431	■	■	■	■			78	52

POURIEV

32	Chicken French Dip Sandwiches	■	■	449	15/2	46	8	771	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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MEAT & POKE

30	BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches)	■	■	342	16/3	36	10	541	■	■	■	■	15		19	18	
57	Chile-Marinated Skirt Steak	■	■	211	10.4	5	2	290	■	■	■	■		19	35	71	
35	Denver Omelet Sandwiches	■	■	408	21/9	31	5	818		■	■	■	42	17	17	15	27

SALADS

55	Grilled Pineapple Salsa with Cucumber	■	15	0.0	4	1	48	■	■	■	■					27
54	Grilled Tomato-Ilo-Chipotle Salsa		39	1.0	7	2	182	■	■	■	■					23

SWEETS

92	Bacon-Date Bondies	■	127	5.3	18	1	119	■	■	■	■					
92	Coconut-Almond Bondies	■	132	6.3	17	1	85	■	■	■	■					
92	Hazelnut Espresso Bondies	■	141	7.3	7	1	79	■	■	■	■					
40	Muffin Tin Strawberry Shortcakes	■	227	8.5	32	2	149	■	■	■	■			15		41
92	PB & J Bondies	■	145	6.3	20	1	107	■	■	■	■					
92	Pecan-Chocolate Chip Bondies	■	152	8.4	19	1	78	■	■	■	■					
92	Pretzels & White Chocolate Bondies	■	140	6.4	20	1	111	■	■	■	■					
92	Whole-Grain Bondies	■	103	4.3	15	1	78	■	■	■	■					



GET MORE GREAT EATINGWELL RECIPES
Go to eatingwell.com/recipes

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.
 - "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
 - "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
 - "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on eatingwell.com; some nutrients are highlighted here. (Note: Nutrition information is updated regularly. The analysis printed here may be different from updated versions on our website.)

- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines and Food Guide Pyramid, *EatingWell's* suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally ½ cup. Vegetable side dishes are a minimum of ½ cup.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than \$3 per serving; sides and desserts that cost less than \$1.50 per serving. (See "How We Price Recipes," right.)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch or vegetable) have ≤420 calories; complete meals (protein plus starch and vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals (protein plus starch or vegetable) have ≤5 grams (seafood ≤7 grams); complete meals (protein plus starch and vegetable), including seafood meals, have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit eatingwell.com/go/guidelines.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon of capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of winter 2015.

Testing sweet potatoes in the spiralizer (page 14).



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HAPPY MEAT Besides selling sustainably raised meat and poultry, Ben Slayton also makes bacon, sausage and deli meats. For more information, visit farmersgatemarket.com

The Traveling Butcher

Ben Slayton wants to make sure that people in his community have access to quality, humanely raised meat. So he's taken it on the road. By Carolyn Malcoun

WHO HE IS Ben Slayton isn't your average butcher. He holds a graduate degree in environmental law and policy and was a marketing and public relations pro for the Gulf of Maine Research Institute for five years. In 2007, he changed tack and spent two years apprenticing on an organic farm in Tuscany. That's where he became interested in raising and butchering animals. In 2010, Slayton opened Farmers' Gate Market, where he butchers sides of sustainable meat and poultry. But his shop in Wales, Maine, population 1,616, is 80 miles round-trip from the closest sizable town, Portland. Slayton's business was doing fine, but he wanted to get better meat on more dinner plates.

WHAT HE'S DOING Slayton decided to launch "Meat Ups." Think of them as a Tupperware party for really well-raised meat and poultry. The idea crystallized when his mother-in-law asked him to bring some meat to her and her neighbors. Slayton arrived with jam-packed coolers as people rolled up with wagons, asking questions about the farmers and animals and exchanging recipes and ideas. "I realized that my business wasn't just about moving meat," he says. "My customers are making a statement. When they buy a steak, they are helping build a local sustainable food system." Slayton now travels to Meat Ups around Maine and is starting a buying club in Portland.

WHY IT'S COOL Slayton checks in with each farm at least once a year and has ended partnerships more than once. "We can explain who [the farmers] are, what they feed their animals and how they treat them," Slayton says. "Each package we sell tells a story, and that story is as important as the food within." And this is meaningful to his customers, Susan Giglia, a chiropractor who started the most popular Meat Up, in Damariscotta, had been vegetarian for 25 years before meeting Slayton. "When I decided to start eating meat again, it was very important to get humanely raised meat," she says. "It was apparent when I met Ben that he was the real deal."



Watch your figure.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



Watch your backside.

13 FLAVORED TORTILLA CHIPS

- 160 calories
- 2 grams protein
- 1 gram fiber

Let's do some snackin' math. For the same calories, you get a lot more pistachios than flavored tortilla chips. Plus, pistachios are a good source of protein and fiber, and heart-friendly. And, a recent Harvard study suggests eating nuts seven times a week or more is as healthy as it is smart. So next time you grab a snack, use your brains. Your backside will thank you for it.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12338



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